CARD COLLECTING
TO THE ABLE NETWORKER GOES THE JOB {page 23}

I DON'T CLOONEY NOT THE MARRYING TYPE DISH {page 13}

TORONTO metro®
Tuesday, January 25, 2011
www.metronews.ca
News worth sharing.

Couture.

▶ A model walks the runway during yesterday's star-studded Christian Dior show as part of the Paris Haute Couture Fashion Week Spring/Summer 2011. An haute couture dress can cost about $80,000 and couturiers are reporting an uptick in sales.

PASCAL LE SEGRETAIN/GETTY IMAGES

High fashion, high prices

Province's painkiller problem

Death rate for patients prescribed high doses of long-acting opioids is 10 times that of general population: Study OxyContin is 1.5 to 2 times more potent than morphine, 10 to 20 times more potent than codeine

Ontarians covered by the province's public drug plan are often prescribed narcotic painkillers, such as OxyContin, at doses that exceed amounts set out in clinical guidelines, according to a study by the Institute for Clinical Evaluative Sciences.

Tara Gomes, an epidemiologist with the ICES, and the study's lead author, said her team's research, published last Tuesday in the journal Open Medicine, found prescription rates for all opioids rose 16.2 per cent from 2003 to 2008, while the use of long-acting opioids, such as oxycodone, which is sold as the painkiller OxyContin, increased by 52 per cent.

The study also found that by 2008 about one of every three patients with a prescription for long-acting oxycodone received a mean daily dose that exceeded clinical guidelines, which were published by a national advisory group in June 2010.

Gomes said the increase in the number and dose of opioid prescriptions is likely due to, among other factors, physicians becoming more comfortable with prescribing them and heavy marketing by pharmaceutical companies.

TORSTAR NEWS SERVICE

Grave consequences

- When the researchers looked at death rates associated with opioid dose, they found patients who were receiving very high doses had a two-year mortality rate of about 42 per 1,000 population.
- "The general population is about four per 1,000 population, so it represents a tenfold increase," said study author Tara Gomes.

Bombing in Russia

Moscow airport terrorized

Suicide blast turns terminal into nightmare scene of dead and dismembered bodies
Investigators work to ID attacker's remains {pages 6-7}

What happened to cutting back?

City's proposed budget would hike workforce by 447 {page 3}

How to be financially fit

Advice on putting your money in the right places {pages 27-28}

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City staffing on rise

Mayor under pressure to meet promise of reducing payroll

Mayor Rob Ford, elected on a promise to cut the size of the city's workforce by three per cent each year, is instead adding jobs to the payroll.

Figures released to the budget committee yesterday show the proposed operating and capital budgets combined would actually hike the workforce by 447 positions, to a total of 53,336 permanent and temporary staff.

The operating side of the budget alone cuts 470 positions but adds 518 new ones for a net gain of 48. Many of those jobs are at the TTC, which is struggling to cope with surging ridership.

Ford's proposed budget is a reversal from the fiscal plan he released during the civic election.

"I think we might be witnessing the mayor kind of getting hoisted on his own petard," said Coun. Shelley Carroll, the former budget chief.

"Every year there are positions that go up because they're driven by ridership, revenues that come in, gross amounts when other governments order us to run a program for them ... I think Mayor Ford and his staff are finding out this is a complex organism, the City of Toronto."

The budget committee wraps up deliberations today. After it votes, the operating and capital budgets will go to full council in late February.

TORSTAR NEWS SERVICE

Breakdown

Ford promised that as mayor he would cut the workforce by three per cent per year, for 2011 savings of $67 million.

- Ford's campaign based the savings on an overall attrition rate of six per cent for city workers. City staff now report that the attrition rate for 2010 was just 2.98 per cent.
- Many departments are proposing to cut jobs in line with a directive from city manager Joe Pennachetti to slash spending by five per cent.
- Leading the list of those wanting more staff is the TTC. Its operating budget envisions a net increase of 221 positions, most of them drivers. The figure could rise if the service doesn't proceed with a controversial move to trim operating hours on underperforming bus routes.

Court. Accused

▶ Nicole Kish appears at the courthouse at 361 University Ave. yesterday for the start of a trial in the death of a man killed in 2007 by a group of panhandlers.

RICK EGLINTON/TORSTAR NEWS SERVICE

Trial begins in panhandling death

Kish has pleaded not guilty to second-degree murder. She is the only remaining person charged in the August 2007 incident after three co-accused pleaded guilty to lesser charges and were deported to the United States. The so-called panhandler murder trial opened yesterday with the Crown outlining what it alleges happened the night a St. Catharines man was fatally stabbed on Queen Street West. The trial is expected to last three months.

News in brief

Pair charged in murder

CRIME. Two 18-year-olds have been charged in the death of a man in Oakville.

Halton regional police say Christopher Stairs, 31, died of stab wounds Saturday night.

Nazir Akbari is charged with second-degree murder.

Angar Langer is charged with being an accessory after the fact to murder.

THE CANADIAN PRESS

Reduced subway service

YONGE LINE. The TTC will be closing part of the Yonge subway for weekend track work.

The Yonge line from Union Station to Bloor Station will be shut down this coming weekend, Jan. 29 and 30. Regular subway service will resume Jan. 31. Frequent and accessible bus service will operate between Bloor-Yonge and Union Stations. METRO

Woman, 60, found dead in downtown complex

The murder of a woman at a downtown community housing building was an inevitable tragedy, according to residents who say their complaints about poor security have been ignored.

Since the battered body of Joanne Mitchell, 60, was found at the Jarvis Street highrise Sunday, security has never been tighter with police canvassing for witnesses and checking the names of everyone coming and going.

2 There is one security camera outside the front door and another inside the lobby. Only those with a security key can enter the building. Trespassers hang around the door, waiting to sneak in when someone enters or exits.

JIM RANKIN/TORSTAR NEWS SERVICE

▶ Joanne Mitchell

The body had "obvious signs of trauma," said Toronto police Const. Tony Vella. TORSTAR NEWS SERVICE

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing.

Follow us on Twitter @metrotoronto

Mementoes tell tale of tragic century-old expedition to South Pole. Scan code for story.

News in brief

Subway contract awarded

TTC. Spanish company FCC has won a $412-million contract for the York-Spadina subway extension. Work includes a 4.5-kilometre tunnel and three stations. METRO

Court to hear argument

TURBINES. A court has agreed to hear a case against Ontario's use of wind turbines to generate electricity.
THE CANADIAN PRESS

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Cop in G20 case back in court Feb. 28

Toronto officer Babak Andalib-Goortani was not wearing a name tag at the time of Adam Nobody's arrest

The case of the only police officer to face charges arising out of last year's G20 protests was put over yesterday until Feb. 28 for the setting of a judicial pre-trial.

Const. Babak Andalib-Goortani, who is charged with assault with a weapon, was not in court for the brief hearing.

Ontario's Special Investigation's Unit charged Andalib-Goortani, 30, with assault with a weapon last month in connection with the video-taped beating of Adam Nobody.

Nobody, 27, had his nose and cheekbone fractured during his arrest last June 26. He was one of more than 1,100 people detained during the tumultuous G20 weekend.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Const. Babak Andalib-Goortani appears at SIU headquarters in Mississauga in December.

Nobody maintained there was no reason for his arrest and beating.

The case gained notoriety after the civilian unit that investigates injuries involving police initially said it was unable to identify the officers involved despite concluding excessive force had likely been used against Nobody.

Following the posting of a YouTube video showing the arrest, the unit reopened the case and charged the officer.
THE CANADIAN PRESS

Indictment

- No determination had been made whether to proceed by way of the more serious direct indictment, which could see the matter sent straight to trial, the prosecutor said.
- Adam Nobody has said he was handcuffed, taken behind a van and kicked repeatedly in the head by two plainclothes officers after his initial arrest.
- Hundreds of complaints against police flowed from the G20. The vast majority of those detained in what Ontario Ombudsman Andre Marin called "the most massive compromise of civil liberties in Canadian history" were released without charge.
- Many of the other charges were withdrawn. The police union has said it fully supports the charged officer.

ALL NEW EPISODE
RICK MERCER REPORT
This week, it's all things big as Rick goes to Heavy Equipment School in Morrisburg, Ontario.
cbc.ca/mercerreport
Tonight at 8
Followed by InSecurity
CBC

Southern Sudan votes to secede from the north

The price of freedom: Country sees some food prices rise by more than 50 per cent amid referendum vote

Residents across Southern Sudan are in a jubilant mood after what appears to be a landslide vote to secede from the north and to create the world's newest country.

There's one side-effect of this month's weeklong referendum, though, that people are not cheering: Higher prices.

Merchants and customers are complaining of price hikes over the last several weeks as the prices of some every day goods like sugar, soap and cooking oil have increased by more than 50 per cent.

Christine Aman has four children and a husband to feed. On a shopping trip to Juba's main market last week she carried bags full of onions and greens, but she's buying less. Sugar, she said, has doubled in price since Christmas.

"Now we have less to eat," the 26-year-old said.

One factor in the rise in prices is the reduction of imports from north Sudan related to the independence referendum. In addition, hundreds of thousands of southerners who once lived in the north are streaming back south, putting pressure on supplies.

"In Juba, we find that many shops run by northerners are closed, the traders have gone back," said Martha Anthony, a statistician for the southern government. He said some Kenyan and Ugandan merchants also left for the voting period.

One other factor is that the government in Khartoum, the capital of Sudan, removed sugar and fuel subsidies earlier this month, raising prices across the country.

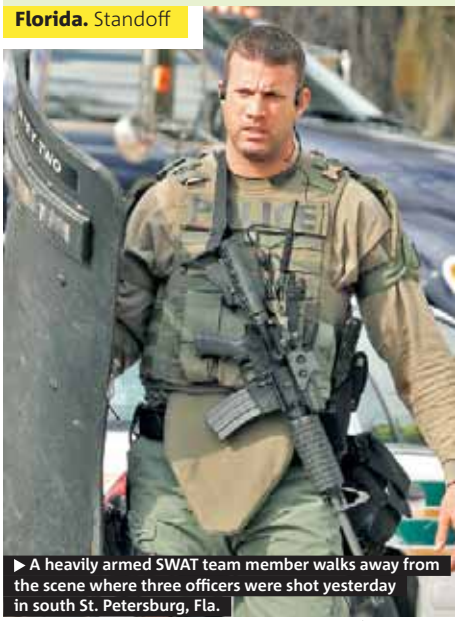
"With referendum uncertainties, the grain supply from northern Sudan and to a lesser extent from Uganda and Kenya has reduced substantially," said Andrew Odero, who analyzes food insecurity for the World Food Program.

THE ASSOCIATED PRESS

Voting

- At least 180,000 southerners living in the north have returned since October, initially to register to vote in the Jan. 9-15 referendum and later out of fear of reprisals by the Khartoum government after the vote
- The UN expects another 100,000 returnees by early March
- Ballot returns show the south voted overwhelmingly for independence

Florida. Standoff



▶ A heavily armed SWAT team member walks away from the scene where three officers were shot yesterday in south St. Petersburg, Fla.

CHRIS O'MEARA/THE ASSOCIATED PRESS

Gunman, 2 officers dead

Authorities and a fugitive holed up in an attic fired more than 100 shots at each other yesterday in a firefight that killed two officers, wounded a deputy U.S. marshal and led to an hourslong standoff that ended when the suspect was found dead inside the home. A police spokesman said officers originally went to the home to arrest 39-year-old Hydra Lacy Jr.

Japanese town on alert for fugitive monkey

KYODO NEWS/THE ASSOCIATED PRESS

▶Lucky

A marauding monkey that terrorized resort towns in central Japan last year by biting nearly 120 people has escaped captivity.

Officials in Mishima City said the monkey slipped out of the government-run nature park it had been kept at since its capture last October when a keeper was cleaning its cage.

Lucky has proved a tough catch in the past, avoiding citywide monkey hunts during its previous two-month biting spree.

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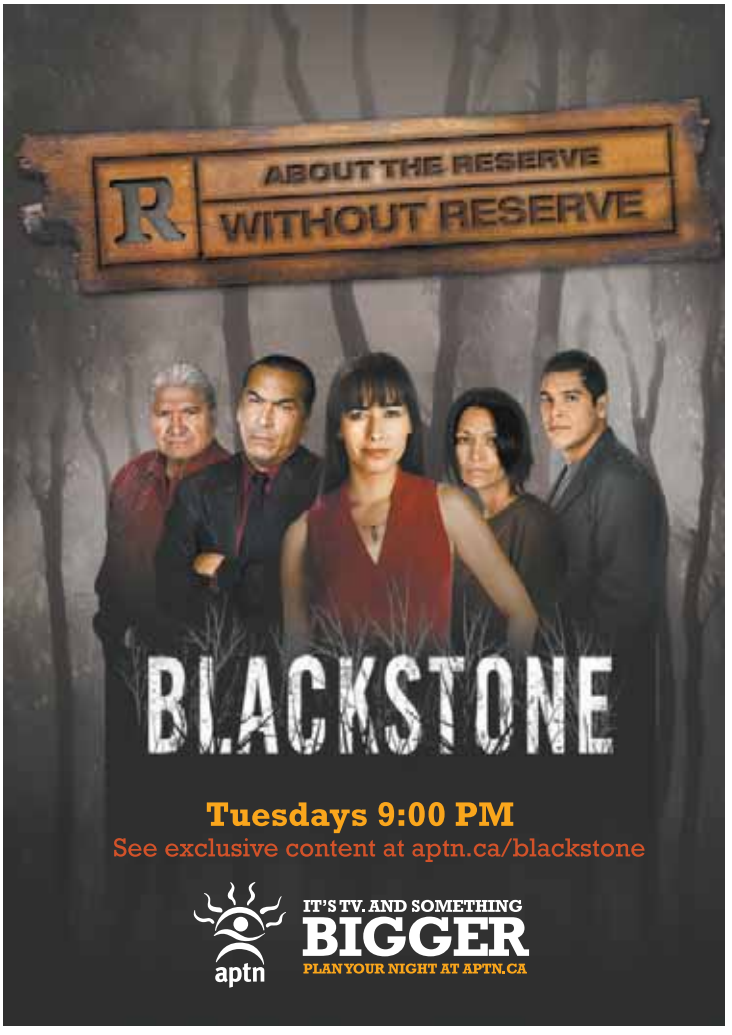

Bomb blast reactions

Terrorists from Russia's restive North Caucasus: What kind of objectives do they have and can they be achieved? ANDREI SVITAILO, AT MOSCOW'S DOMODEDOVO AIRPORT

Olga
35, HOUSEWIFE
Terrorists are striving for the elimination of Russians and our country, but this will never happen for them.

Tatiana
34, ECONOMIST
These people are psychologically ill — they should be treated. I think they won't achieve their goals, even though loss of lives will be inevitable.

Maxim
22, STUDENT
I reckon that this is not about terrorists. It is completely plausible that the problem is within the country that it is intrinsic to Russia.

Ilkham
47, BUSINESSMAN
The forces that govern these terrorists are clearly motivated by money. I don't think that any country is sponsoring them in any way. I believe it's the West.

Victor
62, TEACHER
Terrorists need money from our government, even though we pump so much funds into the Caucasus region for development. The result of that is plain to see.

Canada condemns 'cowardly' Russian suicide bombing

The suicide bombing at a Moscow airport that killed 35 people and injured 180 more is a "cowardly act of terrorism" that has shocked Canada, Foreign Affairs Minister Lawrence Cannon said. He added that he was not aware of any Canadians killed or injured in the blast.
THE CANADIAN PRESS

Moscow's history of terrorist attacks

In recent years, the Russian capital has been the victim of numerous attacks by militants from Russia's restive region of the North Caucasus.

- **Feb. 6, 2004**
  A suicide bomber attacks a Metro train car during rush hour, killing 41 and wounding more than 100.
- **Aug. 24, 2004**
  Two female suicide bombers take down two Russian airliners that left from Domodedovo Airport, killing 90 people.
- **Aug. 31, 2004**
  A female suicide bomber blows herself up outside the entrance hall to a Metro station, killing 10 people.
- **Nov. 27, 2009**
  Four carriages on a high-speed Moscow-to-St. Petersburg train are derailed following the detonation of seven kilograms of TNT equivalent. There were 26 casualties, with 95 injured.
- **March 29, 2010**
  Forty people are killed and more than 100 injured when two female suicide bombers from Dagestan blow themselves up at two Metro stations.
- **Jan. 24, 2011**
  A blast at the Domodedovo Airport kills at least 35 people, injuring approximately 180.

"GET SMART FOR A NEW ERA." – Canadian Press

"Peter McNeil hasn't met a mirror that didn't adore him."
– The Boss Peter McNeil

"Bad guy down. Check. Manicure intact. Check."
– Team Leader Alex Cranston

"I've always wanted to be an agent like Jo-Jo Kwan."
– Agent Jo-Jo Kwan

"And this scar? Self-inflicted."
– Agent Benjamin N'udu

"I hate stakeouts. There's never any steak."
– Agent Claude LeSage

"Did someone say steak?"
– Agent Burt Wilson

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Suicide bomber rocks Moscow airport

Canadian foreign affairs minister issues strong condemnation of the attack U.S. President Barack Obama condemns the 'outrageous act of terrorism' and offers assistance Comments echoed by British PM

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases. At least 35 people were killed, including two British travellers.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow, including a double suicide bombing on the capital's subway system in March 2010 that resulted in 40 deaths.

The Interfax news agency said the head of the suspected bomber had been found.

Russian President Dmitry Medvedev called it a terrorist attack and immediately tightened security at Moscow's two other commercial airports and other key transportation facilities.

It was the second time in seven years that Domodedovo was involved in a terrorist attack: In 2004, two female suicide bombers penetrated the lax security there, illegally bought tickets from airport personnel and boarded planes that exploded in flight and killed 90 people.

Driver Artyom Zhilenkov said he was standing just a few metres away from a man who may have been the suicide bomber. He saw an explosion on or near the man, whose suitcase was on fire.

Zhilenkov said he initially thought he himself had been injured, but doctors said he was just coated in the blood of others.

"The guy standing next to me was torn to pieces," he said.

THE ASSOCIATED PRESS

Bloodbath

Amateur video showed a pile of bodies on the floor, with other bodies scattered around. Luggage also was strewn around the terminal and several small fires burned.

- The terminal filled with thick smoke as witnesses described a scene of horror.
- Domodedovo was briefly closed to air traffic immediately after the blast, but soon reopened. Hours later, passengers arriving for their flights lined up outside waiting to pass through metal detectors that had been installed at the entrances.
- "There was lots of blood, severed legs flying around," said Yelena Zatserkovnaya, a Lufthansa official.
- "People were panicking, rushing out of the hall or looking for their relatives. There were people just lying in blood," car rental agent Alexei Spiridonov said.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

▶ A boy cries yesterday during a special service in a chapel at Domodedovo Airport in Moscow.

RUSSIA'S SECURITY CALLED INTO QUESTION

Aviation security experts have been warning since the Sept. 11, 2001, attacks in the U.S. that the crowds at many airports present tempting targets to suicide bombers. Arrivals halls are usually open to anyone.

"Airports are, by their nature, crowded places, with meeters, greeters, commercial businesses, and so on," said Philip Baum, the editor of Aviation Security International, a London-based publication.

The attack also called into question Russia's ability to safely host major international events like the 2014 Winter Olympics in Sochi and the 2018 World Cup.

FIFA president Sepp Blatter was in St. Petersburg over the weekend to formally award Russia the 2018 World Cup. Prior to the signing, Blatter told Russian Prime Minister Vladimir Putin that he was certain FIFA had made the right choice.

Built in 1964, Domodedovo is located 42 kilometres southeast of Moscow and is the largest of the three major airports that serve the capital, handling more than 22 million people last year.

It is generally regarded as Moscow's most modern airport, but its security has been called into question. THE ASSOCIATED PRESS

Five years on, Burlington pier still an 'eyesore'

- Squabbles, lawsuits grind construction to a halt
- 'We can't wait any longer': Mayor

Bitter winds whip along the Burlington waterfront, where just a few hardy souls stroll the lakeside path. Their stark view of Lake Ontario is broken only by the steel skeleton of what may someday be the Brant Street Pier.

Started in 2006, the $10-million project has been on hold since 2009 when structural steel failed quality tests. A year before, a crane toppled over at the site and a concrete pour went badly.

Since then, the city has been in a dispute with the engineer who designed it and the contractor who started to build it.

Lawsuits have been filed. Last month, Burlington council hired a new project manager and asked all sides to come up with a plan to finish it.

"It's time to move on," said new Mayor Rick Goldring. "We can't wait any longer.

"All of us heard during the election campaign that people just want us to finish the darned thing."

The S-shaped steel finger that juts into the lake was designed to provide a viewing platform for pedestrians.

"The downtown Burlington area is looking better, but that's an eyesore," said Peter Madejski, 54, still shivering from a lakeside walk.

Burlington resident Bob Unitt agreed.

"I was never in favour of the pier in the first place," the 65-year-old retiree said. "It breaks up the sightlines when you're walking along the lake.

"It's just eye candy. The money could be better spent somewhere else."

These are just the kind of comments Coun. Marianne Meed Ward (Ward 2) has been hearing from constituents since she was elected in the fall.

"They want a speedy resolution," Meed Ward said. "They understand there are trade-offs in terms of cost and risk to find a solution quicker or longer."

The pier is at the south end of Meed Ward's ward, which includes downtown Burlington. The project has been fraught with problems from the start, she said.

"The heart of the debate is whether the failure with the first concrete pour was a design issue or a construction issue," she said. "That's where the dispute has stayed for two years and it won't be resolved. At the end of the day everybody will believe what they'll believe.

"We're not getting a pier done and the fact we're in a legal process means we can't talk to the public. We can't talk about the costs, details of the offers, the ramifications, the risks — and that's unacceptable on a project of this size."

Meed Ward thinks the pier could be substantially finished by the fall if work resumed soon.

But Henry Schilthuis, president of the construction firm that is building the pier, said mid-2012 is a more reasonable target.

He said he's proposed two plans to complete the structure, but is waiting for council's decision. Until then, he's also bound by legal agreements not to comment on them.

Meed Ward said residents have waited long enough.

"We're past knowing who's right and who's wrong," she said. "People don't care. They're just looking for leadership, a strategy and a speedy resolution in the most cost-effective way possible."

TORSTAR NEWS SERVICE

JIM WILKES/TORSTAR NEWS SERVICE

▶ Coun. Marianne Meed Ward says Burlington's Brant Street pier, pictured in the background, could be substantially finished by the fall if work resumed soon.

City without pier

- **Mayor Rick Goldring said** the city has three options:
- Rip the pier down.
- Work with contract Harm Schilthuis to finish the job.
- Hire a new contractor.

"Each one of those solutions costs money," Goldring said. "Cost is a concern."

Google CEO cashes out

Google Inc. has awarded $100 million US worth of equity to Eric Schmidt, who is stepping aside as CEO but will stay with the company as executive chairman. The stock and stock options will be granted Feb. 2 and will vest over four years, the company said yesterday.

Schmidt, 55, is being replaced as Google's CEO by co-founder Larry Page. Both men, along with Google's other co-founder, Sergey Brin, have for years limited their salaries to $1. But the three are Google's controlling shareholders and Schmidt's net worth is about $5.45 billion US, Forbes magazine says.

Page, 37, takes over the CEO role in April.

THE ASSOCIATED PRESS

ODD ANDERSEN/GETTY IMAGES

▶ Eric Schmidt

RioCan to expand

The country's largest retail landlord is teaming with a U.S. firm on a $1-billion plan to develop 10 to 15 outlet shopping centres across Canada.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment Trust and Tanger Factory Outlet Centers Inc. of Greensboro, N.C.

The properties will be branded as Tanger Outlet Centers. THE CANADIAN PRESS

Toyota still tops

Toyota sold 8.42 million vehicles globally in 2010, remaining the world's top automaker for the third year straight.

General Motors also released a new tally yesterday for its global 2010 sales, at 8.39 million vehicles, a dramatic 12 per cent rebound from 7.48 million vehicles the year before.

The race between the two giants appears to be getting close, with the chance GM could once again rise to the top.

"General Motors is going strong, and it's a sure sign of its re-emergence," said Yasuaki Iwamoto, auto analyst with Okasan Securities Co. in Tokyo.

GM also said yesterday it sold 2.35 million vehicles in China, about 136,000 more than it sold in the U.S., with China sales surging 29 per cent.

Toyota, on the other hand, grew slower in China than GM, partly because it lacks the U.S. automaker's extensive model lineup such as large-size sedans, Iwamoto said.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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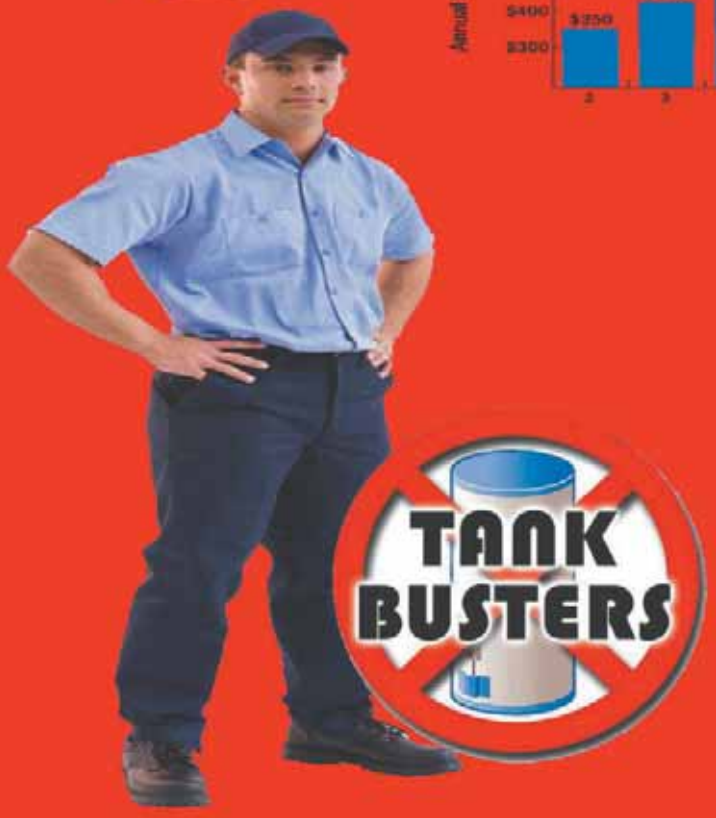

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DEALING WITH HIGH-MAINTENANCE MEN

She says ...

J. NAPIER

In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room.

However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get into his below the belt "manscaping."

But do women really want these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Letters & Tweets

We asked: What's your favourite video game?

@megelizah: legend of zelda: ocarina of time. The game that drove me to get a triforce tattoo.
@JamieTheJedi: Chrono Trigger for SNES. Amazing RPG that still stands up after 15 years.
@m_brand: lots of great characters but the edge has to go to Leisure Suit Larry.
@Netherlandy: best video game EVER: Conker's Bad Fur Day for N64. innuendo, swearing, pop culture references and very playable!
@StuartParsons: Gran Turismo 1, 2, 3, 4, and 5 hands down. The only real racing simulator. If you've never played, get on it.
@ehmay: Kirby! That thing can eat everything and still stays cuddly. When I do that I just gain 20 pounds!
@StephaniePelley: My picks would have to be Link (Zelda series), Tifa Lockheart (FF7), Samus (Metroid Series).
@JustMeRicky: Second Life. Reason? Endless possibilities.
@ebarbaric: Game would have to be COD: Modern Warfare 2 and character clearly and definitely Kratos from God of War series.
@dantric: Favourite game up to now ... God of War ... any of them. Favourite character up to now. John Marsden from Red Dead Redemption.

Engrossed

TORSTAR NEWS SERVICE FILE

What was the best concert you saw in 2010?

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Metro Minute on PATH system

This past week has led many to question the wisdom of our ancestors, who chose to settle here when Miami really wasn't that far from the Halifax ports.

And while it's challenging to keep the memories of our glorious summers in mind as we struggle to prevent all our fingers from snapping off, there are ways to subvert the Arctic wind chill. Stick to the PATH. There's no reason why you need to spend more than 30 seconds outside when you have the world's largest underground shopping complex at your disposal. The 28-kilometre route will get you all the way from Front to the Coach Terminal at Dundas, where you can buy your bus ticket to Florida.

JORDANA DIVON

TORSTAR NEWS SERVICE FILE

▶ The PATH system is a 28-kilometre underground network of pedestrian tunnels.

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2 scene

Scene in brief

Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS

Real upheaval in television talk world with Oprah, Larry and now Regis exiting

What Hollywood has to offer in 2011

There are plenty of options out there for filmgoers Superhero movies aren't going away anytime soon Tinsel town also shows its love of sequels, animated films, 3-D and aliens

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geekfest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and mind-bending effects.

For fans of the familiar

▶ The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1), Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold & Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).

▶ The Smurfs come to the big screen in August.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic: Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an English-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)

▶ The Adjustment Bureau stars Matt Damon and Emily Blunt.

▶ Thor leads the charge of superhero movies in 2011.

Twilight: Eclipse rakes in the Razzie nominations

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Nominations for the 31st annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck.

The Eclipse crew also racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.

▶ Robert Pattinson and Kristen Stewart are both up for Razzies.

GETTY IMAGES

▶ Kevin Smith

Willis loses Kevin Smith as a fan

Director Kevin Smith is no longer a fan of Bruce Willis after making last year's commercial flop, Cop Out, together, he says in an interview with comedian Marc Maron.

Smith says he felt particularly let down by Willis' lack of promotion for the film.

"It was difficult. I've never been involved in a situation like that where one component is not in the box at all. It was f—ing soul crushing," he says. "I had no f—ing help from this dude whatsoever."

METRO

Mraz announces engagement

Jason Mraz is happily engaged to singer Tristan Prettyman, but the pair won't be tying the knot until everyone can, according to Us Weekly.

"We both feel that in our engagement, we have a union that's really special and can't be broken. It's a sacred bond. The wedding would be nice for our family, our friends, our community — our moms especially — and so it puts us in the fight," Mraz tells the magazine.

"We can't get married until (gay) marriage is legal and equal. I think giving people the right to marry will be a huge movement in civil rights."

METRO

Marriage a no go for Clooney

▶ Actor says that his failed first marriage is cause for his decision ▶ Current girlfriend surprised by comment

GETTY IMAGES

▶ Clooney deosn't plan to tie the knot again.

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, refering to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to Popeater.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised."

METRO

Carter checks self into rehab centre

GETTY IAMGES

▶ Aaron Carter

Pop singer Aaron Carter has checked himself into rehab "to heal some emotional and spiritual issues he was dealing with," his manager says in a statement, according to People magazine.

"He has chosen to enter a facility where he feels he will get the guidance and cleansing he needs, which in turn will help him on the music journey he's about to take," his manager said

While the specifics of the statement end there, E! News previously reported that Carter entered a souther California rehab facility to address "addiction issues."

METRO

GETTY IMAGES

▶ Jewel and Ty Murray are having a boy.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

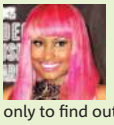
"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years.

METRO

Celebrity tweets



Nicki Minaj [@NICKIMINAJ] Long day of press only to find out we've officially been kicked out the hotel!

Conan O'Brien [@Conan OBrien] I still think the Patriots can win it all this year. Never underestimate Belichick!

Tom Hanks [@tom hanks] In the year 2011 personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!

Rosario Dawson [@rosariodawson] Def needed more more than 3 1/2 hrs of sleep.

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3 life

Get active

Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

Health Canada issues recalls for jogging stollers, kids' pyjamas, snow bikes

The Resolution Revolution

You promised yourself 'a New Year and a new you.' We asked celebrity trainer Matt Roberts for the top tips to get you started.

BY ROMINA MCGUINNESS

FLICKR CC JESSICAMULLEN

1

Eat Small Meals at Regular Intervals

Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.

FLICKR CC SWEETONVEG

2

Low Fat Is Not Always The Way to Go

Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.

GETTY IMAGES

3

Bodyweight Exercise Can Get Results

Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.

FLICKR CC ADACTO

4

Eat More Vegetables

Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.

5

Try as Many Forms of Exercise as Possible

Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.

FLICKR CC 05COM

6

Match Intentions With Action

How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving. Make the change by matching your intentions with the right actions. If this means starting an exercise routine or cleaning up your diet then get focussed set your goals, make a plan and do it so you achieve the results that you talk about.

GETTY IMAGES

7

Drink Water or Green Tea

Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated by consuming enough water—it helps prevent hunger pangs and burns fat more efficiently, while consuming green tea has an added advantage of enhancing your metabolism making you burn more fat at rest.

GETTY IMAGES

8

Don't Just Rely on Doing Cardio

After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitnes. Most exercisers looking to reduce their waist line make their biggest mistake at this point. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced. Add in at least two resistance training sessions a week to your routine to remain challenged.

GETTY IMAGES

9

Target the Process, Not the Result

Set your goals on factors that you can control. People often become fixed on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, achievable targets as well, to maintain your motivation. Take charge of your goals by focusing on processes, good habits, exercise and things that you can achieve (like performance of a certain exercise).

GETTY IMAGES

10

Function Follows Form

We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasise good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional — in the long run it will be worthwhile.

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IAN SILVERTHORNE

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LARRY TRACK
A LEADING FITNESS TRAINER, OWNER OF TRACK FITNESS IN TORONTO, TRACK IS A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

There's not an excuse in the world that's acceptable for putting your health on the back burner. Same goes for exercise. Show me a reason for not being active, and I'll add it to the book of excuses that leave people overweight, out of shape, tired and quite frankly miserable.

To get you on track, here are five exercises you can do everyday — no gym required.

MILITARY SQUATS
This exercise is by far the best for stronger legs and maximum calorie-burning. Standing with your feet hip-width apart, arms out front or by your side, lower your body to a 90-degree bend as if sitting back into a chair. Inhale as you lower your body, exhale as you squeeze back up to starting position. Do three sets of 10 reps, adding hand weights as you progress.

PUSH-UPS
If you could only do one more exercise for your entire life, this is the one. It works your chest, back, shoulders, triceps and core. If you're just starting out, begin with your knees on the floor, graduating to true military version. For more advanced push-ups, try a variety of angles and leg positions to challenge your muscles. Do three sets of 10 reps.

PLANK PUNCHES
Beginners, start with a traditional plank pose and hold for as long as you can. For a more advanced plank, try extending your arms forward (one at a time) and punch ahead. Rotate arms, adding more punches as your strength and endurance increase.

STANDING JOG, JUMPING JACKS, TUCK JUMPS OR STAIRS
Pick one of these exercises to get your heart rate elevated while working your lower body. Challenge yourself to one or two minute drills working as hard as you can, then rest for two minutes and repeat eight times. For condo dwellers, utilize your building's stairs. Walk or jog up as many flights as you can.

LIGHTNING BOLT CRUNCHES
Lying on a mat, arms folded behind your neck, raise your left leg, bending your knee at 90-degree angle. Extend right leg out while keeping it raised a few inches above the floor. Curl up slowly, lifting your neck, keeping focus straight ahead. Repeat on the opposite side.

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Turning off the lights

Going Blind documentary turns lens on stories of hope and the independence of those losing vision

Even though Joseph Lovett had glaucoma and had been seeing a noted ophthalmologist for 15 years, he had never gone to a low-vision therapist — indeed, had never even heard the job description before.

He was enlightened by a friend whose father was being helped, and soon after made the visit himself, said Lovett, a New York-based filmmaker whose documentary Going Blind was screened at a recent CNIB event in Toronto.

"The low-vision therapist stood across the room and had me focus on her nose, with one eye, and she said, 'Now what do you see of me?' And I said, 'I see your head, I see your neck, I see your shoulders and I don't see anything else until we get to your thighs and knees.'"

"I was sobbing for a full 60 minutes, could not speak, could not catch a word."
JOSEPH LOVETT

That's when Lovett finally realized the extent of the holes in his vision. His brain had been compensating and filling in the gaps based on memory.

The next day, during a visit to his therapist, he mourned the loss.

"I was sobbing for a full 60 minutes, could not speak, could not catch a word, just sobbing. That's how devastated I was," he recounted in an interview.

His experience is evident in the documentary, as he turns the camera on himself and six other people who are blind or have low vision. Its a mix of personal stories and the science of eye disease, seamlessly blended.

CHRIS YOUNG/THE CANADIAN PRESS

▶ New York-based film maker Joseph Lovett has made the documentary Going Blind which profiles a number of people including himself who have lost their sight or have low vision.

Just as Lovett has been learning coping skills, so too have the subjects of his movie. Viewers are introduced to their worlds, observing as they navigate with their disabilities and explore the daily challenges set before them.

THE CANADIAN PRESS

FLICKR: TOBYOTTER

Eye exams

Regular eye examinations are important for identifying conditions that could eventually rob someone of their sight.

- **Healthy eyes** People tend to assume that if their eyesight is OK, then their eyes are healthy — but that's not necessarily the case, says John Rafferty, president of the CNIB.
- **Why it happens** The reasons people lose their sight have to do with the health of the retina, optic nerves, the viscous fluid and various other factors.

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A precise treatment

New technique helping patients deal with prostate cancer effects

CELIA MILNE
WELLNESS@METRONEWS.CA

Treatment for prostate cancer will soon be more precise.

Scientists around the world are trying to figure out ways to get rid of the cancer without damaging bladder, bowel and sexual function.

Men usually survive prostate cancer (about 95 per cent are still alive after five years), but many suffer side effects because surgery and radiation can affect surrounding delicate tissue.

The prostate is a walnut-sized gland located just above a man's rectum. It creates fluid that carries sperm during ejaculation.

One new Canadian study is using frequent, high-tech digital imaging to follow changes that can happen day-to-day inside a man's body. These tiny changes can alter very slightly the radiation target.

"We are treating the tissue that surrounds the prostate, which can move and stretch, so our target may be slightly different in position or shape on the next day or the day after that," says Dr. Tim Craig, a medical physicist at Princess Margaret Hospital in Toronto.

The new technique is called adaptive radiation therapy (ART). Craig and colleagues recently won a CASARIA award and funding from the Canadian Radiation Oncology Foundation and sanofi-aventis, which allows them to start enrolling patients later this year.

"Very simple and natural changes in patient anatomy can occasionally complicate treatment," says Craig.

"For example, reduced bladder filling might allow the very sensitive small intestine to slip into the high radiation dose region. Without image-guidance, this would not be known, and the small intestine may receive an unsafe dose.

"With ART, we can see this, and use this information to adapt the treatment to ensure a safe dose."

A typical course of radiation treatment for prostate cancer patients after surgery is 33 treatment days over six and a half weeks.

Prostate

Do you know your body like the back of your hand?

Cancer risks revealed: Have a look at the index finger on your right hand. Is it longer than your ring ringer? If it is, you have a lower risk of prostate cancer than your buddies who have a longer ring finger. Researchers in the U.K. studied the hands of 1,524 men with prostate cancer and 3,044 men without prostate cancer. They found men with a longer ring finger were more likely to develop prostate cancer. Finger length could help in selecting men for screening.

ISTOCK PHOTO

Are you at risk of prostate cancer?

An estimated 24,600 men in Canada will be diagnosed with prostate cancer this year, which makes it the most common cancer among Canadian men (not including non-melanoma skin cancer).

About 4,300 Canadian men die of prostate cancer each year, according the Canadian Cancer Society. CELIA MILNE

Thoughts on... Attitude

ADVICE When life brings you opportunity through people, the intent should not be 'what's in it for me?' This is precisely why so many people do not get the chance to realize their goals.

The attitude that needs to be cultivated is 'What can I contribute to this person or organization or cause?' When you develop the attitude of contribution you will be rewarded and prospered in ways that you can't possibly imagine now. The attitude of contribution determines your altitude.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Is erectile dysfunction affecting your sex life?

Right now a local Urologist is conducting a clinical research study of an approved treatment for erectile dysfunction.

To be eligible for this study male participants must:

- Be at least 18 years of age,
- Have at least a 3-month history of erectile dysfunction
- Be currently taking an approved medication for erectile dysfunction for at least 1 month and
- Be in a stable relationship with a female sexual partner

Qualified participants will receive study related care and treatment at no cost.

If you or someone you know would like more information please contact:
Dr. Stanley Flax, Urologist
North York | 416-999-8748 | ResearchTrials.org

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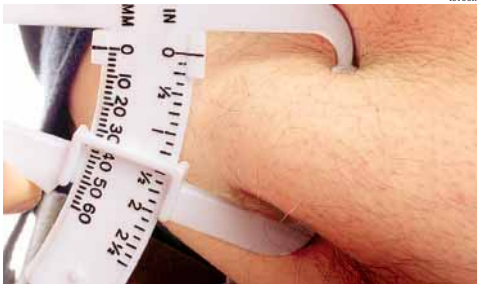
Losing weight, keeping it off

How one man lost nearly 300 pounds with Lap-Band

CELIA MILNE
WELLNESS@METRONEWS.CA

ISTOCK



Tom Saridis, age 39, has lost an almost unfathomable 280 lbs — the weight of two smallish adults. In 2006, just before he had Lap-Band surgery, Saridis weighed a colossal 500 lbs. Now he weighs in at 220 lbs, and at 6-ft. tall, he's delighted he can live a normal life.

When Saridis eats, he's thinking about quality, not quantity.

"I used to look for the largest portion on the menu. I'd order a 30 oz Porterhouse, even if it was tough, when all I need is a 4 oz filet."

He believes in the Lap-Band procedure so passionately that soon after his surgery, he launched the Canadian Institute of Bariatric Options clinic in Toronto, which provides this surgery and the support needed afterward.

Patients who undergo Lap-Band surgery need to learn a new way of eating. Food has to be chewed carefully and eaten slowly, or they feel sick. Saridis had a great surgeon, but then wondered, "What's next?" Reputable clinics also provide psychological, nutrition and physical fitness services all in one place. "Surgery is the tool; the care afterwards is the road map," he says.

Lap-Band surgery is not covered by provincial health care plans. At the CIBO clinic, it costs $3,600 down and $299 a month to a maximum of 72 months.

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Churrasco of St. Clair — it's famous for a reason

This 20-year-old spot is known for its grilled chicken and great prices

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

▶ The BBQ Chicken (Breast) Combo is served with potatoes and rice.

Churrasco's is legendary for having the best chicken, but after 20 years do they still rock the grill?

If our lunch is any indication, then, heck yeah.

Whole chickens rotate slowly and half flattened ones get slapped on the grill, so the skin gets really crisp, locking in tremendously moist meat within.

We start with the ¼ BBQ Chicken (Breast) Combo ($6.59), served with roasted potatoes and rice.

Aside from the chicken, the potatoes are insanely flavourful, too.

And you've got to see the genius of the Steak on a Bun ($4.00) with Fries. Served on a soft white kaiser, thinly sliced charcoal grilled steak is topped with mustard, steak sauce and the softest fried onions I've ever had.

It is an achingly good combination.

Churrasco of St. Clair is too tiny sit in, but come and get take-out or delivery. Food this good (with such affordable prices!) should be revelled in.

Churrasco of St. Clair
679 St. Clair Ave. W.
416-658-0652
churrasco.net
Price range: $1.09 - $149
Rating: 5 out of 5
Reservations: No

A toast to Robbie Burns

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and typsy laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you who have only had a taste equate to drinking paint thinner.

As hefty as its mouthfeel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan ($41.99 - $48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.

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LOVE, WITH A LITTLE HELP FROM HER FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

It was 2003 and I (Stephanie) just arrived home for the holidays from my first semester at university.

My best friend, Jill, called me to come out with her to a party.

She introduced me to some of her new college friends, including a guy named Jason.

I was immediately attracted to him, but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him.

A week later, we had our first date: Chinese food and a movie.

A month later, we were an official couple.

Six years later, we bought our first home.

On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

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▶ Jason & Stephanie

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Angela says ...
OMG, are you married to Derek too?

Derek says...
Compared with an album junkie who cruises record stores every weekend and brings home armloads of purchases, maybe his tab isn't so bad. I'm no financial whiz, but some expenses should remain private.

Your husband can open his own iTunes account that doesn't use a joint credit card and pay those bills on time.

Who knows? He might surprise you with the occasional new music mix, the latest hot game for your iPhone, or a cool app that maps the stars and planets in the night sky.

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Ottawa Winterlude Festival
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Lord Elgin Hotel taxes & fees included
INCLUDES downtown accom during the Winterlude festival. Price is per person based on a family of 4. Departs Feb 4/ggv.

Niagara Falls Valentine's Day
2 Nights $114
Sheraton on the Falls taxes & fees included
INCLUDES central accom close to the Falls and Casino Niagara. Departs Feb 11/ggv. UPGRADE to 5-star Queen's Landing for $49 per night.

Myrtle Beach March Break
Air + 5 Nights 4-Star $459◊
Kingston Plantation + taxes & fees $128
INCLUDES 1 bedroom villa accom with full kitchen and private patio. Price is per person based on a family of 4. Departs Mar 11/ggv/dl.

San Diego Air + 4 Nights $599
Days Hotel - Hotel Circle + taxes & fees $133
INCLUDES accom close to theme parks with shuttle service. Departs Feb 2/ggv/dl. BONUS continental breakfast and airport transfers are included.

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INCLUDES central 3.5-star accom and breakfast during the week of the Royal Wedding. Departs Apr 26/vat.

Buenos Aires
Air + 7 Nights 4-Star $1359
Dazzler Libertad + taxes & fees $589
INCLUDES central accom close to Obelisk. ADD airport transfers for $80. Departs Mar 21/ggv/ua.

India Air + 10 Nights $1649
Lotus Beach Resort Ramee Guestline Juhu + taxes & fees $461
INCLUDES 7 nights Goa beach accom, 3 nights Mumbai beach accom. Departs Mar 14/ggv/qr/9w.

Cruise & Stay

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TICO

Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers. Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S. dollar investments slide once converted to Canadian currency. But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

ISTOCK

▶ Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high -- $1.09 in 2007

One of the easiest options is to purchase U.S. investments through exchanged traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor. So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst. Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-day grace period before you'll be charged interest.

Because of high credit limits and the temptation to spend, a balance can accumulate quickly. This is difficult to pay off for four reasons: first, high interest rates; second, credit card companies set minimum payments between two and six per cent of the outstanding balance (or $10, whichever is highest), which barely covers the interest charges on the card; third, interest is calculated daily, not monthly; and forth, as you pay off your credit card balance, your minimum payment declines because it's set at a percentage of the balance.

Because some consumers pay only the minimum payment, this extends the time it takes to pay it off. Deal with credit card debt by; having only one card; reducing the credit limit; and paying a little extra each month and in higher frequency.

Owing money on a credit card forces us into a situation where we are continually paying for the past rather than investing in the future!

Love and money

Are you and your partner financially compatible?

"Money is one of the biggest areas of conflict between spouses, and talking about it today is an excellent way to avoid unpleasant surprises tomorrow," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp.

"Getting on the same page financially helps ensure you are pursuing compatible goals."

Consider the following advice:

• Share financial histories. Discuss your credit histories, including debts. Are you both spenders or savers, or are you opposites? How do you set priorities and allocate funds? Do you budget and plan, or spend impulsively?

• Communicate your goals. Discuss what your future entails. What type of lifestyle do you expect to have? Does it include travel, a larger home or other major expenses? When do you want to retire and are your current RRSP contributions sufficient? Create a financial plan that takes into account both of your goals.

• Consider your investments. Choose a financial advisor together. Get advice on how to align your portfolios with your family goals.

Regularly review what investments you have and ensure you both understand how your money is working for you.

NEWSCANADA

NEWS CANADA

▶ The couple that budgets together, stays together.

League of laughs

Vancouver duo's podcast averaging 10,000 views per week following deal with Maximum Fun ◆ Hosts Clark and Shumka set 'sites' on the stars

Two Vancouver comics are gaining popularity thanks to a partnership with Maximum Fun, a popular American podcasting and radio organization.

Stop Podcasting Yourself, hosted by Dave Shumka and Graham Clark, began nearly three years ago as an independent comedy podcast.

The hosts, both 30, started the show as a hobby in Shumka's spare bedroom, and would feature local comedians and the occasional writer or musician. They also have regular segments, like Overheards, in which they discuss funny conversations listeners and guests have overheard.

The pair didn't start the podcast with aspirations, aside from producing one show a week.

"My only goal was to stick to it and not to flame out," said Shumka.

As the listenership grew, so did the profile of their guests. American comedian Reggie Watts, who opened for Conan O'Brian's Legally Prohibited From Being Funny On Television tour and Paul F. Tompkins, who had a role in There Will Be Blood have both made appearances on the show.

THE ASSOCIATED PRESS

FRAZER HARRISON/GETTY IMAGES

▶ Entertainer Reggie Watts is one of a handful of big-name comics who have appeared on Stop Podcasting Yourself.

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Expand your network one card at a time

Bulk up the business section of your Rolodex with these easy tips for collecting contacts

Whether you're looking for a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of I Found a Job! Career Advice from Job Hunters Who Landed on Their Feet, shares tips on how to network your way to a new job.

Get involved

Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across the country, is a group that brings executives, recruiters and business leaders together for discussion in person and online.

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

Volunteer your expertise

Use your knowledge in a field to help others, and it can benefit you in your job search. Employers want to hire people who are highly regarded in their fields. Volunteering provides the opportunity to build a reputation while making key contacts.

Be curious

As you're networking or just running errands, be aware of what's going on around you and ask questions. Curiosity usually leads to discovery, and that can mean meeting someone who will lead you to a potential job. If you're shy, asking people about their jobs, careers or interests can be a way to expand your network.

It's a small world, and with so many people in so many industries displaced in the recession, it's highly likely you will know people at potential employers. Previous work experience with someone on the inside can be a major advantage. METRO

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Alumni networks

- The term 'alumni' can apply to different groups: your college, high school, sorority/fraternity or people you worked with at a former employer. Mobilize them all.
- Alumni associations can provide a wealth of contacts and resources for job-hunters. Have you caught up with a college roommate lately? Use LinkedIn or Facebook to find out how they are and where they're working. If no job comes out of it, you've at least reconnected with a friend.

Later labour

Many Canadian seniors continue to work past their retirement age.

According to a 2010 Statistics Canada report, 23 per cent of Canadians between 70 to 74 years of age have chosen to remain in the workforce.

While many seniors choose to work in order to stay active, others do it to maintain or enhance their retirement lifestyle.

But there are other options available to Canadian seniors.

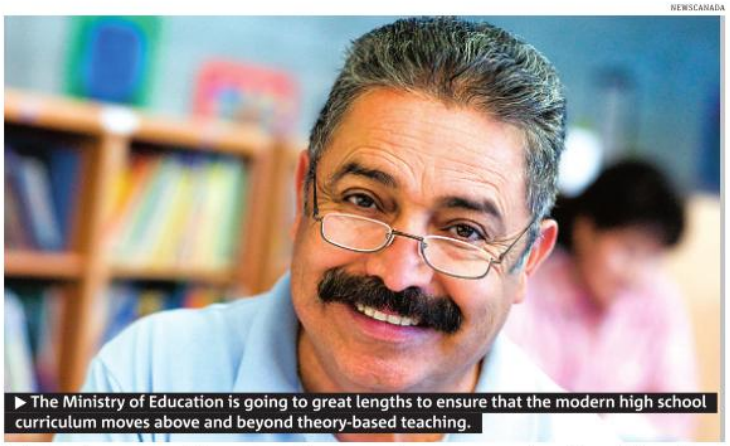
CHIP Home Income Plan (CHIP) offered by HomEquity Bank allows senior homeowners to access out up to 40 per cent of their home equity with no credit, income or medical qualifications.

Since the full amount of interest and principal only becomes due when the home is sold, or if both homeowners move out, CHIP meets the needs of seniors looking for a long-term solution designed to maximize cash-flow in retirement. NEWSCANADA

High school courses get it right when getting real

Afraid that going back to the books after a lengthy time away will mean taking courses that don't apply to real life? Set your worries aside

NEWSCANADA



▶ The Ministry of Education is going to great lengths to ensure that the modern high school curriculum moves above and beyond theory-based teaching.

Adults who are considering a return to high school often have concerns that they will be unable to relate to the material presented, or that the content is so theoretical that it will not be of much use.

Today's curriculum not only addresses the Ministry of Education's expectation of providing all students with theoretical- and skill-based knowledge, but also using timely real-life examples.

Sarah Irwin, managing director of the Independent Learning Centre (ILC.org) talks about how modern courses can easily be translated into relatable examples. "Students taking the Environmental Science (SVN3E) course learn about a wide range of topics including the impact of human activity on our environment – a subject that everyone can relate to – while meeting the courses goal of relating theory to technology, society and the environment."

Continuing education is not about going back to school; it is also about taking a giant leap forward and being rewarded with not only credentials, but practical skills that can be used for immediate application, and for years to come. NEWSCANADA

Start school at anytime

You've just made your decision. After months of weighing the pros and cons and, figuring out what credentials you need, you are going to finish your high school education and get your diploma. The only problem is that many adult learning classes have already started.

The good news is that there are programs designed to be accessible year-round, which allows adults to start their studies any month of the year.

"Imagine the satisfaction of knowing that you can work toward accomplishing your educational goals now and not having to hold off until the next semester," says Sarah Irwin, managing director of Independent Learning Centre (ILC.org), Ontario's designated provider of distance education.

Continuous enrolment distance education programs enable students to enrol today and start tomorrow, making this an ideal solution for adult learners who need to earn credentials on their own terms. NEWSCANADA

NEWSCANADA

▶ Working toward a diploma doesn't have to be begin in September.

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On their terms

The Independent Learning Centre salutes those brave enough to give it another shot

NEWSCANADA

▶ Graduating from an academic program can be a rewarding experience at any age.

At the age of 15, Kristin Maillard became pregnant. She knew that she had to make sacrifices to raise her son and leaving school prematurely was her only solution.

For a few years, Kristin would try to return to her studies but was never able to complete her education. When she landed a job that provided her with benefits and allowed her to be home in the evening with her son, she stopped pursuing her high school diploma.

After working for 11 years, Kristin became unemployed. Inspired by the words of her grandfather, Kristin gained the motivation to start studying again and she enrolled in a distance education course with the Independent Learning Centre (ILC.org).

"I scheduled time to study whether I wanted to or not, I knew that I had to sit-down for two hours and work. But studying independently meant I could determine when and where those two hours happened." The positive feedback she received from her teachers, friends, and family kept her going, and at the age of 39, she completed her high school education.

This past fall, the ILC hosted its annual graduation ceremony and celebrated adult learners from across the province. Sarah Irwin, the managing director, spoke at the ceremony. "You are part of an enormous community of adult learners because learning can, and often must, happen at any age. The ILC is proud to be involved in UNESCO's International Adult Learners Week and to celebrate learners like you and like Kristin, whose unwavering optimism is inspiring and refreshing."

When Kristin addressed her fellow graduates, she shared her grandfather's quote: "When you are feeling that opportunities have passed you by and that it is too late, never forget what you have accomplished today.

Like my grandfather used to say, although the best time to plant a tree may have been 30 years ago, the second best time is today." NEWSCANADA

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Planning happiness

ISTOCK

▶ Come up with a plan of attack for your finances and you might just improve your emotional well being, too.

Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one.

Although happiness means different things to different people, it's hard to deny that those who feel they are closer to living the life they want may be a tad happier. And financial planning seems to be a powerful tool to help people achieve these life goals.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life," says Cary List, president and CEO of FPSC.

The study showed that the connection between one's level of optimism and peace of mind held true across a wide range of net worth groups. This affirms that there is value in financial planning for everyone, not just wealthy people.

NEWS CANADA

Learn more

Visit fpsc.ca to learn more about how to:

- **Find** a financial planner professional in your area.
- **Learn** more about how financial planning can help you meet your life goals.
- **Review** the 10 Questions to Ask a Planner Guide.

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- **77 per cent of people** with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- **62 per cent** with plans said they feel content with how their life is going, compared with 37 per cent with no plans.
- **61 per cent** with plans said they have peace of mind, compared with 36 per cent with no plans.
- **64 per cent** said they are prepared to manage through tough economic times, compared with 33 per cent with no plans.

NEWS CANADA

Finding the right investment advisor

When it comes to money, the best advice is to rely on the experts.

A good investment advisor can make sense of the volatile stock markets and help you meet your long-term goals. But how do you find the right advisor for you?

"Finding an investment advisor that meets your needs requires a little homework," says Pierre McLean, senior vice-president of Franklin Templeton Investments Corp. "Take time to find the right one as it's one of the most important financial relationships you will ever have."

Here we offer five easy ways to help you find the right advisor for you.

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. A good advisor will be open with you and detail exactly how they are compensated. In general, advisors are paid for advice through commissions, fees or a combination of these methods.

NEWS CANADA

NEWS CANADA

▶ Take the time to hunt down an advisor that fits your needs.

5 BUDGET TIPS

Start with your monthly after-tax income.

- Write down how much money you take home each month (which is what you earn less taxes and deductions). This is the starting point for your budget.

Create a list of what you need to pay for every month.

- Figure how much your necessary expenses (such as food, rent and utilities) cost you each month. Be honest with yourself about what is a necessary expense. For example, you don't need satellite TV, but if you want it, you can prioritize it once you've figured out what you truly can't live without.

Determine how much to save.

- You should also be saving some of that disposable income each month. Many experts suggest putting away 10 per cent of your gross (pre-tax) income. If you are not disciplined enough to set aside money, arrange with your bank for an automatic transfer every month to a savings account or TFSA.

Decide what you want to do with the remaining money.

- "This is the area of your budget where you get to have fun. Think about what items, activities and other expenses you truly enjoy and want to prioritize," says Carrie Russell, senior vice-president of TD Canada Trust.

Track your spending and stick to your budget.

- Once you know how much money you can spend, don't spend more. This is the most important step and can be the most difficult. In particular, watch out for impulse purchases, which tend to be less about needs and more about wants.

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*This is a combined promotional and regular annual rate paid on new deposits to the named accounts from now until April 30, 2011. The regular interest rate is paid on the full daily closing balance as always. In addition, when an account's monthly average of its daily closing balance exceeds its November 30, 2010 closing balance (the difference between the two balances is a "New Deposit"), the New Deposit earns a bonus rate for that month, which means the New Deposit earns 2.5% interest (the regular rate of interest for that account plus the promotional interest rate). The bonus interest is paid monthly. The regular interest rates may change at any time without prior notice, however, New Deposits will earn 2.5% interest. Ask a President's Choice Financial personal banking representative for current regular rates. Other conditions apply. For full terms and conditions, visit pcfinancial.ca/rate. ®/™PC, President's Choice, President's Choice Financial, Interest Plus and The World's Best are trademarks of Loblaws Inc. CIBC is a licensee of the marks. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

PHOTO COURTESY OF OSCOM @ FLICKR

▶ Don't let your finances crash down around you like a house of cards.

Disaster-proof your finances

Household debt has reached an all-time high Economic slowdown was a wake-up call Here are a few tips to prepare for the unexpected

The recession may be over but many Canadian families are still struggling to regain financial stability. The average household debt reached an all-time high of $96,100 in 2009, according to The Vanier Institute of the Family.

"The economic slowdown in 2008 and 2009 was a wake-up call for many families who realized they were unprepared for financial upheaval," said Liz Lunney, senior vice-president of the Fiduciary Trust Company of Canada. "The good news is that a few simple steps can help families prepare themselves for the unexpected."

Here are four tips to disaster-proof your finances.

• Create a realistic family budget with your partner. Ensure you account for all family activities and include a reasonable amount for entertainment. Review your budget regularly to ensure you stay on track.

• Have a safety net. Prepare for the unexpected and contribute to a "rainy day" account that will cover your budget should you face an unplanned drop in income. A good target is six months income.

ISTOCK

• Get your advisor involved in your family finances and meet with them regularly. A trusted professional can help you build the right financial plan.

• Plan for the future. Ensure that your financial plan addresses short- and long-term goals. Make your children's education and your own retirement top priorities. Open an RRSP for you, and an RESP for each of your children.

NEWS CANADA

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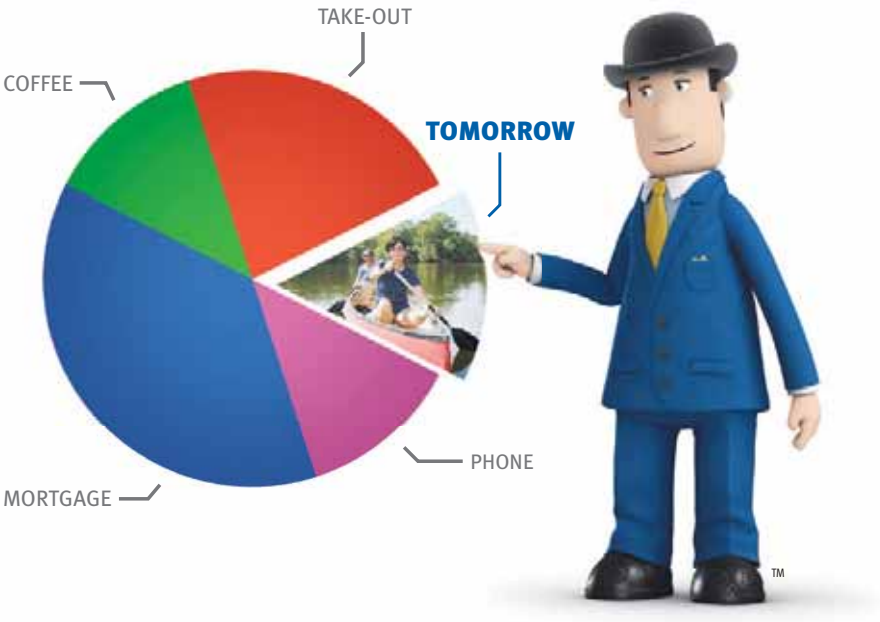

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How financially fit will you be in 2011?

Getting a handle on your personal finances may be a priority in 2011, so where do you start? A good first step is turning to a financial advisor who can help you to create a plan.

"Like physical fitness, the key to staying financially fit is to work with a good coach who will not only motivate you, but provide you with a customized plan that makes sense for you," says Carol Bezaire, vice-president of tax and estate planning at Mackenzie Investments.

"Financial advisors have the knowledge to provide customized advice that includes the right product choices and investment strategies for each individual." Bezaire lists several ways in which financial advisors can help your financial fitness.

Develop a savings plan

A financial advisor can help navigate through a wide array of financial products to arrive at appropriate, tax-efficient solutions that are the best fit with your personal lifestyle.

Promote good savings and investment behaviours

Studies show that investors who use advisors have higher savings and make higher contributions. In fact, 80 per cent of Canadians who work with an advisor feel good about their financial health at retirement.

Provide an impartial, informed view

By looking at the investor's overall circumstances, as well as his or her risk tolerance and future financial needs, advisors can help build wealth through an appropriate asset mix.

And, while the advisor obviously cares about your investment performance, he or she may also have enough distance to avoid common investor mistakes. In other words, they may help take the emotions out of investing and help you stick to a strategy.

"While most Canadians are aware of the benefits of financial fitness, some may need that extra push to get out there and get going," adds Bezaire. "We encourage them to take the first step by seeking professional financial advice."

NEWS CANADA

PHOTO COURTESY OF JEFF KEEN @ FLICKR

Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.

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4 sports

Raps fall short against Grizzlies

Bargnani was game's top scorer with 29 points, DeRozan had 25

GRIZZLIES	RAPTORS
100	98

Rudy Gay scored 21 points, including the winning basket with 0.8 seconds remaining, as the Memphis Grizzlies defeated the Toronto Raptors 100-98 last night.

It was the eighth loss in a row for the injury-depleted Raptors (13-32), who also had their streak of 986 games with at least one three-point shot end.

Gay's shot halted the Raptors' comeback from 10 points down in the fourth quarter before an Air Canada Centre crowd of 14,127.

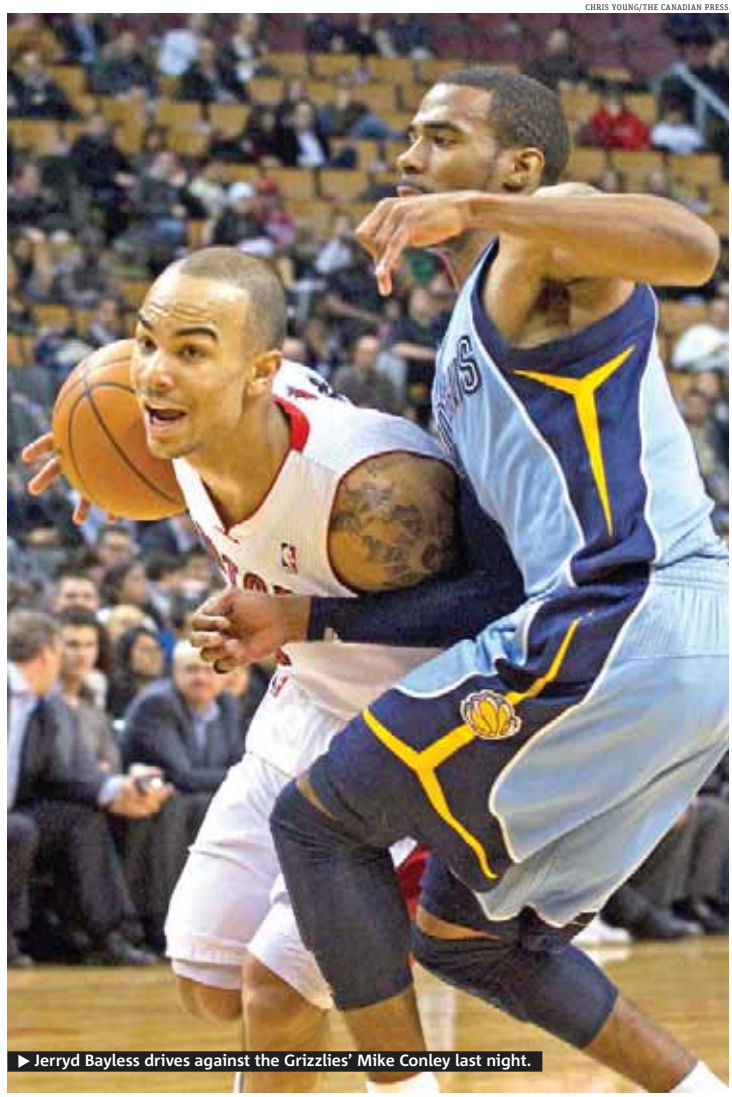
Zach Randolph and Marc Gasol added 17 each for Memphis (22-23), O.J. Mayo chipped in 15 off the bench and Mike Conley scored 13. Randolph added 12 rebounds.

Andrea Bargnani led the Raptors with 29 points while DeMar DeRozan added 25. Jerryd Bayless had 15 with 11 assists, Julian Wright chipped in 11 and Amir Johnson had 10.

The Raptors injury list has grown so long that Sonny Weems, who missed the previous 18 games with back spasms, dressed for last night's game.

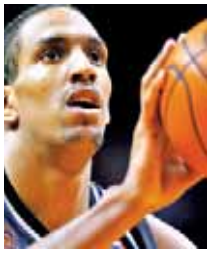
THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Jerryd Bayless drives against the Grizzlies' Mike Conley last night.

Raps add centre



The Raptors completed a trade with the Dallas Mavericks that will bring them seven-foot-two centre Alexis Ajinca.

- Along with Ajinca, the Raptors landed a future second-round draft pick and cash considerations from the Mavericks in exchange for the draft rights to forward Giorgos Printezis.
- Toronto also reacquired the second-round selection it sent to Dallas in June for the draft rights to Solomon Alabi.
- Ajinca, 22, averaged 2.9 points, 1.7 rebounds and 7.5 minutes in 10 games with the Mavericks. He was acquired from Charlotte on July 13, 2010.

Leafs preview

Leafs at Lightning, 7:30 p.m.
TV: TSN
Radio: AM 640

The Leafs (19-24-5 after last night's loss to Carolina) have been up and down of late, which actually represents an improvement over earlier weeks. James Reimer is back with the team after a stint with the Marlies, leaving coach Ron Wilson three choices in goal.

The Lightning (30-15-5) have won four straight and kicked off an NHL record-tying 12-game homestand with a 7-1 win over Atlanta. The Lightning set a season-high record, scoring five goals in a span of 10:05 to open the second period. Tampa has won four straight and nine of the last 11 at home.

THE CANADIAN PRESS

Scan code for more sports

Young Hurricanes send Leafs down to defeat

HURRICANES	MAPLE LEAFS
6	4

Brandon Sutter had two third-period goals and rookie Jeff Skinner scored his 18th of the season to lead the Carolina Hurricanes to a 6-4 victory over the Toronto Maple Leafs last night.

Skinner scored on a power-play rebound with 8:58 remaining, giving the Hurricanes a 5-3 lead, and Erik Cole's empty-netter in the final minute sealed the victory.

Tim Brent scored two third-period goals for the Maple Leafs, who got within one at 5-4 on Mike Brown's power-play tally with 5:45 to go.

THE ASSOCIATE PRESS

KARL B DEBLAKER/THE ASSOCIATED PRESS

Sports in brief

No all-star game for Sid

NHL. Sidney Crosby won't even attend the NHL all-star game this weekend because he's still recovering from a concussion.

The Pittsburgh Penguins made the announcement yesterday in a statement on the team's website.

THE CANADIAN PRESS

Bengals won't trade Palmer

NFL. Bengals owner Mike Brown says he won't trade quarterback Carson Palmer.

Brown said yesterday that Palmer met with him a little more than a week ago and asked to be traded.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	51	25	26	51	1	82
Selanne	42	14	29	43	0	22
Visnovsky	50	8	33	41	7	16
Ryan	51	22	16	38	6	49
Getzlaf	40	13	24	37	3	24
Koivu	50	11	14	25	-7	34
Fowler	45	4	21	25	-14	10
Lydman	47	2	17	19	24	16
Blake	49	9	8	17	-6	35
Lupul	23	4	8	12	-4	14
McMillan	29	5	5	10	0	4
Beleskey	26	3	7	10	-4	32
Lapierre	47	5	4	9	-13	68
Sexton	25	3	3	6	-6	2
Lilja	34	1	4	5	-9	20
Marchant	50	0	5	5	-11	16
Parros	50	3	1	4	-3	131
Shisa	37	2	2	4	-10	20
Sutton	28	0	3	3	-7	51
Mara	33	1	1	2	-1	40
Chipchura	28	0	2	2	0	27
Brookbank	23	0	0	0	-8	43
Voros	11	0	0	0	0	43
Hiller	45	0	1	1	0	0
McElhinney	13	0	0	0	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Byfuglien	51	16	25	41	3	47
Enstrom	50	8	33	41	2	30
Ladd	50	16	23	39	-4	19
Peverley	51	13	15	28	-14	33
Little	45	13	15	28	12	27
Stewart	51	12	16	28	1	45
Kane	43	13	14	27	0	46
Bergfors	40	10	17	27	-3	4
Antropov	45	8	16	24	-9	26
Thorburn	51	6	9	15	-6	43
Burmistrov	51	5	10	15	-5	23
Oduya	51	2	12	14	-12	16
Slater	36	5	7	12	4	19
Modin	29	7	2	9	-10	8
Boulton	45	5	3	8	3	40
Bogosian	40	3	5	8	-13	21
Hainsey	51	1	5	6	5	12
Sopel	50	1	5	6	8	16
Cormier	13	1	1	2	-1	2
Stapleton	14	0	1	1	-3	4
Meyer	12	0	1	1	-1	8
Dawes	9	0	1	1	-6	0
Machacek	4	0	0	0	-2	0
Welch	2	0	0	0	-1	0
Pavelec	37	0	0	0	0	0
Mason	19	0	0	0	0	2
Mannino	2	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Bergeron	48	16	23	39	21	16
Lucic	45	19	13	32	11	60
Recchi	48	10	22	32	14	19
Krejci	41	7	25	32	10	15
Ryder	48	14	14	28	-3	14
Horton	46	12	16	28	-11	33
Chara	48	10	15	25	22	47
Marchand	45	12	12	24	21	22
Wheeler	48	10	12	22	8	26
Seidenberg	48	4	18	22	4	25
Campbell	46	7	11	18	6	56
Seguin	46	7	9	16	2	16
Thornton	48	7	5	12	4	74
Savard	25	2	8	10	-7	29
Boychuk	38	1	8	9	10	17
Kampfer	22	4	4	8	6	4
Ference	45	2	6	8	19	46
Caron	20	3	4	7	7	4
McQuaid	34	0	7	7	16	64
Stuart	29	1	3	4	6	23
Paille	21	0	4	4	-2	9
Bartkowski	2	0	0	0	-1	2
Arniel	1	0	0	0	-1	0
Thomas	34	0	3	3	0	2
Rask	16	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Vanek	48	18	21	39	-14	14
Roy	35	10	25	35	-1	16
Ennis	48	12	15	27	-9	16
Pominville	39	11	16	27	-1	6
Leopold	48	10	17	27	-6	22
Stafford	30	15	8	23	-3	22
Myers	46	6	14	20	-12	20
Connolly	35	6	14	20	-12	12
Hecht	48	7	12	19	-5	24
Gaustad	48	5	10	15	-5	73
Montador	48	4	11	15	10	60
McCormick	47	7	7	14	3	98
Gerbe	31	6	8	14	6	16
Sekera	47	1	11	12	-6	14
Grier	48	2	9	11	1	10
Niedermayer	30	0	9	9	-1	4
Kaleta	39	4	4	8	0	70
Weber	27	2	4	6	7	42
Adam	18	3	1	4	-4	10
Rivet	23	1	2	3	-5	12
Butler	21	0	3	3	-1	10
Morrisonn	34	0	2	2	-6	16
Mancari	3	0	1	1	-1	0
Byron	1	0	1	1	0	0
Ellis	7	0	0	0	-2	0
Gragnani	3	0	0	0	1	2
Stuart	3	0	0	0	1	2
Miller	39	0	0	0	0	0
Enroth	5	0	0	0	0	0
Lalime	7	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	49	20	25	45	-10	30
Tanguay	49	12	23	35	-5	18
Bourque	47	15	13	28	-10	26
Jokinen	46	7	19	26	-11	14
Morrison	49	7	18	25	3	16
Giordano	49	4	19	23	-13	40
Hagman	48	9	13	22	-4	22
Babchuk	49	6	15	21	0	26
Stajan	43	3	18	21	4	16
Glencross	46	11	7	18	1	49
Moss	36	10	6	16	3	16
Jackman	49	7	9	16	1	72
Bouwmeester	49	4	12	16	4	30
Backlund	41	5	6	11	4	10
Sarich	43	1	9	10	3	42
Kostopoulos	43	4	4	8	0	59
Regehr	46	0	6	6	10	32
Pardy	24	0	5	5	2	22
Kotalik	20	3	0	3	-8	6
Conroy	18	2	0	2	-1	8
Staios	15	1	1	2	-1	20
Mikkelson	22	0	2	2	0	6
Meyer	16	0	2	2	0	17
Sutter	4	0	1	1	-1	5
Brodie	3	0	0	0	-3	2
Ivanans	1	0	0	0	-1	5
Kiprusoff	40	0	0	0	0	0
Karlsson	12	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	48	23	25	48	-10	48
Skinner	48	17	22	39	4	16
Ruutu	48	12	27	39	-2	34
Jokinen	42	12	23	35	0	16
Cole	48	12	13	25	0	35
Corvo	48	6	17	23	-5	14
Samsonov	43	9	12	21	1	10
LaRose	48	10	10	20	-9	36
Pitkanen	41	2	17	19	2	36
McBain	48	2	14	16	-1	24
Sutter	48	8	7	15	9	10
Dwyer	48	7	8	15	-2	10
White	46	2	10	12	-8	12
Gleason	48	2	9	11	-5	47
Carter	43	1	9	6	-4	38
Tlusty	23	3	2	5	0	4
Boychuk	16	3	2	5	-5	4
Harrison	46	1	4	5	-1	46
Dalpe	14	3	1	4	0	0
Bodie	38	0	3	3	-6	41
Matsumoto	13	2	0	2	-4	4
Bowman	8	0	0	0	1	6
Carson	7	0	0	0	3	2
Rodney	3	0	0	0	0	2
Ward	41	0	1	1	0	0
Peters	11	0	0	0	0	4

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Sharp	48	25	20	45	-9	22
Toews	47	17	21	38	8	14
Kane	40	13	23	36	-7	12
Kopecky	48	10	21	31	-6	42
Keith	49	3	25	28	-2	18
Brouwer	49	14	13	27	2	20
Hossa	34	11	16	27	7	16
Bickell	46	12	14	26	12	32
Seabrook	49	3	23	26	-3	28
Bolland	42	10	13	23	7	28
Campbell	36	2	15	17	22	4
Skille	45	7	9	16	4	23
Dowell	47	5	11	16	9	52
Stalberg	45	7	8	15	-1	18
Pisani	39	7	6	13	4	8
Cullimore	36	0	8	8	4	8
Hjalmarsson	47	2	4	6	6	23
Boynton	37	0	6	6	5	22
Morin	9	2	1	3	2	9
Hendry	28	1	0	1	-1	4
Leddy	13	1	0	1	-2	0
Scott	32	0	1	1	-2	45
Johnson	7	0	0	0	-4	0
Potulny	3	0	0	0	-1	0
Smith	3	0	0	0	-2	0
Brophey	1	0	0	0	0	0
Klinkhammer	1	0	0	0	1	0
Pirri	1	0	0	0	-1	0
Crawford	27	0	0	0	0	0
Turco	25	0	0	0	0	6

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Duchene	48	19	25	44	3	21
Stastny	46	17	24	41	-1	30
Hejduk	41	15	26	41	-5	12
Liles	48	6	28	34	7	27
Fleischmann	45	12	19	31	2	18
Jones	45	16	12	28	-1	20
Stewart	27	11	16	27	-4	38
Shattenkirk	36	6	18	24	-6	16
Winnik	47	7	9	16	3	22
Yip	40	7	8	15	-7	29
O'Reilly	45	5	10	15	6	8
Porter	42	9	5	14	5	14
Galiardi	29	7	6	13	1	12
Dupuis	46	3	9	12	6	21
Mauldin	29	5	5	10	5	8
Wilson	38	3	7	10	6	24
McLeod	37	4	2	6	-1	108
Hunwick	46	1	5	6	-4	19
O'Byrne	37	0	6	6	11	43
Foote	36	0	6	6	-3	25
Cumiskey	13	1	4	5	-1	8
Holos	16	0	3	3	5	2
Gulik	5	1	1	2	3	2
Olver	4	0	2	2	1	2
Koci	13	1	0	1	-2	19
Liffiton	4	1	0	1	-3	0
Quincey	21	0	1	1	-5	18
Stoa	2	0	0	0	-2	2
Anderson	28	0	1	1	0	4
Budaj	23	0	1	1	0	2

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	47	22	20	42	2	16
Umberger	48	17	18	35	-4	28
Brassard	48	11	21	32	-2	26
Voracek	46	9	22	31	4	16
Vermette	48	11	16	27	1	38
Tyutin	46	5	13	18	-3	22
Huselius	26	9	6	15	-13	6
Methot	43	0	15	15	7	39
Clark	39	6	8	14	-3	28
Wilson	31	4	7	11	-2	12
Pahlsson	48	3	7	10	-7	22
Klesla	45	3	7	10	10	26
Stralman	35	0	10	10	-5	16
Boll	39	5	4	9	0	129
Hejda	45	2	7	9	-8	18
Russell	41	2	7	9	-6	14
Dorsett	45	2	5	7	-13	100
Filatov	23	0	7	7	3	8
Murray	17	3	3	6	3	4
MacKenzie	29	2	4	6	3	6
Commodore	20	2	4	6	-8	44
Letestu	16	2	3	5	-2	4
Moreau	23	1	4	5	-5	16
Sestito	9	2	2	4	-4	40
Calvert	8	2	1	3	0	4
Holden	5	0	0	0	0	0
Guenin	3	0	0	0	-3	2
Blunden	1	0	0	0	-1	0
Mason	30	0	1	1	0	0
Garon	24	0	1	1	0	2

DALLAS

Player	GP	G	A	Pts	+/-	PIM
Richards	48	19	37	56	8	22
Eriksson	47	17	32	49	16	4
Ribeiro	48	10	34	44	0	12
Neal	48	20	16	36	12	37
Benn	45	13	20	33	-4	34
Morrow	48	19	13	32	1	39
Robidas	47	3	20	23	11	51
Ott	48	9	10	19	-4	115
Daley	48	5	13	18	8	20
Langenbrunner	37	5	11	16	-14	23
Burish	48	6	3	9	2	56
Segal	36	4	5	9	0	34
Grossman	46	1	7	8	1	33
Woywitka	31	1	5	6	8	18
Niskanen	37	0	6	6	-1	23
Skrastins	44	2	3	5	0	28
Wandell	45	3	1	4	4	6
Lehtonen	36	0	2	2	-4	47
Fistric	31	2	1	3	-3	26
Petersen	34	1	2	3	-7	6
Barch	28	1	1	2	-6	51
Gagnon	8	0	2	2	2	0
Larsen	6	0	2	2	1	0
Wathier	1	0	0	0	-1	0
Lehtonen	36	0	3	3	0	2
Raycroft	14	0	0	0	0	0
Bachman	1	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	48	16	36	52	6	24
Lidstrom	48	11	31	42	-2	12
Datsyuk	33	12	27	39	8	11
Franzen	47	20	15	35	3	24
Rafalski	37	4	28	32	14	14
Filppula	45	11	18	29	1	14
Bertuzzi	48	8	21	29	-3	34
Cleary	35	16	10	26	6	8
Kronwall	48	8	15	23	2	22
Holmstrom	44	11	11	22	1	44
Helm	48	5	15	20	8	8
Eaves	40	13	4	17	-1	10
Hudler	43	4	13	17	-6	10
Ericsson	40	3	10	13	10	52
Stuart	41	3	9	12	7	26
Miller	41	3	8	11	2	4
Abdelkader	40	3	8	11	13	38
Modano	20	2	6	8	-3	6
Draper	20	4	2	6	2	4
Salei	47	0	6	6	2	36
Kindl	20	1	0	1	-1	14
Mursak	13	1	0	1	-3	4
Tatar	9	1	0	1	1	0
Emmerton	1	1	0	1	1	0
Janik	7	0	1	1	0	-2
Howard	36	0	1	1	0	2
Osgood	11	0	0	0	0	4
MacDonald	5	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Penner	47	14	16	30	-9	31
Hemsky	32	9	20	29	3	10
Hall	47	15	13	28	-9	12
Gagner	47	11	17	28	-12	19
Whitney	35	2	25	27	13	33
Eberle	37	9	14	23	-4	4
Cogliano	47	7	11	18	-8	35
Paajarvi	45	6	12	18	-1	12
Jones	47	11	4	15	-1	15
Horcoff	47	2	13	15	-4	52
Gilbert	47	5	10	15	-13	24
Foster	44	3	8	11	-11	31
Brule	34	6	2	8	-7	33
Peckham	44	2	6	8	-5	102
Omark	18	2	6	8	-7	12
Vandermeer	27	1	5	6	1	18
Smid	43	0	6	6	-6	53
Roddick	10	0	5	5	2	0
Fraser	47	2	1	3	-2	49
O'Marra	9	1	2	3	0	2
Stortini	30	0	3	3	-3	71
Jacques	25	2	0	2	-1	13
Petry	12	1	1	2	1	0
Chorney	6	0	2	2	-3	2
MacIntyre	14	0	1	1	-2	0
Strudwick	21	0	0	0	-7	11
Belle	5	0	0	0	-2	0
Khabibulin	31	0	0	0	0	2
Dubnyk	16	0	0	0	0	2
Gerber	2	0	1	1	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	46	13	20	33	0	24
Booth	47	14	12	26	-10	61
Frolik	46	8	18	26	8	12
Santorelli	47	12	13	25	-6	10
Wideman	47	6	18	24	-16	21
McCabe	43	5	16	21	7	26
Reasoner	47	10	10	20	7	16
Stillman	33	6	13	19	8	14
Higgins	34	8	8	16	9	8
Dvorak	38	6	10	16	2	14
Kulikov	44	5	11	16	9	26
Matthias	45	6	9	15	0	16
Olesz	30	3	9	12	-3	6
Bernier	39	4	7	11	-9	10
Dadonov	21	4	7	11	1	12
Reinprecht	29	4	6	10	-2	6
Allen	48	3	6	9	2	31
Weaver	47	1	8	9	1	18
Garrison	38	2	5	7	1	8
Thomas	13	2	3	5	2	4
Ellerby	21	0	4	4	5	10
Hordichuk	34	1	2	3	2	44
Repik	8	1	1	2	-4	4
McArdle	5	0	0	0	0	11
Callahan	4	0	0	0	1	2
Wilson	2	0	0	0	0	2
Vokoun	35	0	1	1	0	2
Clemmensen	16	0	0	0	0	0
Markstrom	1	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	48	16	32	48	16	12
Williams	48	18	20	38	16	47
Brown	48	17	19	36	13	47
Johnson	48	4	29	33	-6	36
Smyth	48	17	14	31	8	27
Stoll	48	14	16	30	6	22
Doughty	42	4	21	25	14	34
Handzus	48	7	11	18	-3	16
Simmonds	46	9	8	17	-3	56
Scuderi	48	1	11	12	11	12
Richardson	42	6	5	11	-7	21
Clifford	44	4	4	8	-11	76
Sturm	15	4	4	8	5	17
Martinez	28	3	5	8	-1	12
Ponikarovsky	28	3	4	7	2	16
Lewis	38	2	3	5	-8	4
Mitchell	23	1	4	5	5	7
Drewiske	36	0	5	5	-1	19
Harrold	18	1	3	4	3	4
Parse	5	1	3	4	5	0
Greene	37	0	4	4	2	40
Moller	4	1	2	3	1	0
Westgarth	36	0	3	3	-5	59
Lyktionov	9	1	2	3	-2	0
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	36	0	1	1	0	0
Bernier	14	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Havlat	48	13	30	43	1	28
Koivu	48	14	28	42	4	32
Burns	46	14	17	31	-6	62
Cullen	45	10	20	30	0	16
Brunette	48	12	15	27	-7	12
Clutterbuck	47	14	8	22	5	30
Miettinen	39	8	14	22	-8	18
Ziidlicky	30	4	16	20	0	22
Brodziak	48	9	9	18	0	6
Madden	46	7	8	15	-8	6
Bouchard	25	3	11	14	0	4
Schultz	45	3	10	13	0	30
Kobasew	34	8	3	11	0	13
Koivu	31	2	6	8	-2	4
Latendresse	8	3	3	6	2	8
Nystrom	48	1	5	6	-12	24
Barker	39	1	4	5	-10	18
Stoner	26	1	2	3	7	32
Zanon	48	0	3	3	5	28
Staubitz	40	0	3	3	-4	87
Falk	18	0	2	2	-1	6
Scandella	16	0	2	2	-5	2
Wellman	12	0	1	1	-1	4
Spurgeon	20	0	0	0	-1	2
Earl	6	0	0	0	-3	0
Almond	4	0	0	0	-1	0
Kassian	4	0	0	0	-1	12
Gillies	3	0	0	0	0	2
Peters	2	0	0	0	0	2
Backstrom	28	0	0	0	0	0
Theodore	18	0	0	0	0	0
Khudobin	4	0	0	0	0	0

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	48	16	23	39	11	40
Wisniewski	44	5	28	33	-18	24
Cammalleri	44	13	18	31	6	29
Kostitsyn	48	13	15	28	13	18
Gomez	47	6	20	26	-9	20
Gionta	49	16	9	25	-3	12
Pouliot	46	10	11	21	4	26
Hamrlik	46	4	16	20	1	42
Halpern	47	7	12	19	5	21
Subban	44	5	14	19	0	59
Darche	43	8	10	18	7	10
Spacek	49	1	14	15	8	26
Paciorety	19	6	5	11	-5	27
Moen	48	3	5	8	-3	61
Eller	45	3	4	7	0	28
Gorges	36	1	6	7	-3	18
Picard	31	3	3	6	1	8
Weber	20	0	6	6	3	0
Desharnais	10	2	2	4	0	0
Pyatt	39	1	3	4	-4	2
Gill	49	0	4	4	-4	35
Markov	7	1	2	3	2	4
Boyd	10	1	0	1	-6	2
White	2	0	0	0	1	5
Emgvist	2	0	0	0	0	2
Price	44	0	1	1	0	0
Auld	7	0	0	0	0	2

NASHVILLE

Player	GP	G	A	Pts	+/-	PIM
Weber	48	8	21	29	7	38
Hornqvist	45	15	12	27	1	20
Kostitsyn	44	12	13	25	1	8
Wilson	48	12	12	24	10	6
Suter	37	3	21	24	22	18
Sullivan	34	10	10	20	4	22
Goc	42	8	12	20	9	4
Erat	32	6	14	20	8	14
Franson	46	6	13	19	5	20
O'Reilly	38	6	12	18	4	2
Dumont	48	9	8	17	5	14
Ward	48	6	11	17	0	26
Legwand	30	6	11	17	6	14
Klein	47	2	10	12	6	15
Tootoo	32	4	6	10	4	47
Bouillon	44	1	9	10	-3	27
Smithson	48	5	4	9	-1	22
O'Brien	46	2	6	8	-4	43
Spaling	40	4	3	7	-5	8
Sulzer	19	1	2	3	-1	6
Svatos	7	1	2	3	2	2
Halischuk	3	1	2	3	3	0
Mueller	11	0	3	3	1	2
Belak	14	0	0	0	-1	18
Klasen	4	0	0	0	-3	0
Thuressson	3	0	0	0	-1	2
Lombardi	2	0	0	0	-1	0
Begin	2	0	0	0	-2	4
Laakso	1	0	0	0	0	0

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	48	27	14	2	5	150	109	61	12-9-1-2	15-5-1-3	6-3-1-0	W1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	49	27	14	5	3	139	126	62	16-5-2-3	11-9-3-0	5-2-3-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
NY Rangers	50	28	19	2	1	143	121	59	12-10-1-1	16-9-1-0	6-4-0-0	W1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	3-4-1-2	L3
Carolina	49	24	19	2	4	149	153	54	13-8-1-1	11-11-1-3	6-4-0-0	W1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	48	19	24	2	3	124	151	43	10-11-2-2	9-13-0-1	5-4-0-1	L2
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-7-0-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	3-6-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-1	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	4-2-1-3	L4
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1
Nashville	48	27	15	4	2	132	114	60	11-4-3-2	16-11-1-0	8-2-0-0	W3
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Colorado	48	24	18	6	0	155	157	54	13-10-3-0	11-8-3-0	4-5-1-0	L2
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
St. Louis	47	22	18	3	4	126	138	51	15-8-1-2	7-10-2-2	2-6-1-1	L2
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-0	3-7-0-0	W1
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
Calgary	49	22	21	2	4	137	150	50	12-9-0-1	10-12-2-2	4-3-1-2	W2
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers at Washington
Carolina 6 Toronto 4
Nashville at Calgary
St. Louis at Colorado
Dallas at Vancouver
Boston at Los Angeles
Sunday's results
Nashville 3 Edmonton 2 (SO)
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Tonight's games
All times Eastern
Florida at N.Y. Rangers, 7 p.m.
Montreal at Philadelphia, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Anaheim at Columbus, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
Edmonton at Phoenix, 9 p.m.

HURRICANES 6, MAPLE LEAFS 4

First Period
1. Carolina, Corvo 7 (Pitkanen, Ruutu) 12:16 (pp)
2. Toronto, Kaberle 2 (Kessel, Crabb) 19:51
Penalties — Kaberle Tor (tripping) 5:39, Gunnarsson Tor (high-sticking) 11:21, MacArthur Tor, LaRose Car (fighting) 12:19, Gleason Car (roughing) 16:51, Grabovski Tor, Kulemin Tor (roughing), Pitkanen Car (holding), Gleason Car (fighting, game misconduct) 20:00.
Second Period
3. Carolina, McBain 3 (Jokinen) 11:16
Penalties — Kaberle Tor (hooking) 2:58, White Car (hooking) 5:22, Skinner Car (holding) 15:25, Cole Car (interference) 16:00, Armstrong Tor (hooking) 19:16.
Third Period
4. Carolina, Bra.Sutter 9 (White, Boychuk) 1:49
5. Toronto, Brent 5 (Schenn, Beauchemin) 3:18
6. Toronto, Brent 6 (Phaneuf, Brown) 4:29 (sh)
7. Carolina, Bra.Sutter 10 (Jokinen) 8:55
8. Carolina, Skinner 18 (Corvo, E.Staal) 11:02 (pp)
9. Toronto, Brown 2 (Brent, Gunnarsson) 14:15 (pp)
10. Carolina, Cole 13, 19:13 (en)
Penalties — Crabb Tor (hooking) 3:42, Sjostrom Tor (goaltender interference) 9:53, Harrison Car (slashing) 12:21, Sjostrom Tor (holding) 14:41, Beauchemin Tor (tripping) 16:26.
Shots

Toronto	6	14	10	—30
Carolina	5	15	8	—28

Goal — Toronto: Giguere (L,9-9-3); Carolina: Ward (W,21-15-5). **Power plays (goals-chances)** — Toronto: 1-7; Carolina: 2-7. **Referees** — Gord Dwyer, Dan O'Rourke. **Linesmen** — Bryan Pancich, Anthony Sericolo. **Att.** — 16,201 (18,680) at Raleigh.

LATE SUNDAY

PREDATORS 3, OILERS 2 (SO)

First Period
1. Nashville, Sulzer 1 (Kostitsyn, Franson) 11:53
Penalties — Vandermeer Edm (interference) 0:51, Sulzer Nash (holding) 9:46, Stortini Edm (charging) 13:17, Belak Nash (roughing) 17:33.
Second Period — No Scoring.
Penalties — Peckham Edm (holding) 3:37, Belak Nash (hooking) 9:51.
Third Period
2. Edmonton, Cogliano 7 (Reddox, Peckham) 2:03
3. Nashville, Ward 6 (Sulzer, Franson) 14:05 (pp)
4. Edmonton, Hall 15 (Penner, Vandermeer) 16:13
Penalties — Smid Edm (holding) 12:10, Peckham Edm (hooking) 19:14.
Overtime — No Scoring.
Penalty — Suter Nash (tripping) 1:21.
Shootout — Nashville wins 1-0
Nashville (1) — Goc, miss; Franson, goal.
Edmonton (0) — Omark, miss; Gagner, miss; Hall, miss.
Shots

Nashville	5	7	14	2—28
Edmonton	5	9	6	4—24

Goal — Nashville: Rinne (W,17-11-4); Edmonton: Dubnyk (SOL,4-4-6). **Power plays (goals-chances)** — Nashville: 1-5; Edmonton: 0-4. **Referees** — Rob Martell, Brad Watson. **Linesmen** — Andy McElman, Don Henderson. **Att.** — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	34	61
St. Louis, TB	20	40	60
H.Sedin, Vcr	10	48	58
B.Richards, Dal	19	37	56
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
E.Staal, Car	23	25	48
Kopitar, LA	16	32	48
Giroux, Pha	18	28	46
Backstrom, Wash	12	34	46
Kesler, Vcr	26	19	45
Sharp, Chi	25	20	45
Iginla, Cal	20	25	45
M.Richards, Pha	17	28	45
Duchene, Col	19	25	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Briere, Pha	25	18	43
J.Carter, Pha	22	21	43
Selanne, Ana	14	29	43
Heatley, SJ	18	25	43
Havlat, Minn	13	30	43
Nash, Clb	22	20	42
Lidstrom, Det	11	31	42
Enstrom, Atl	8	34	42
P.Stastny, Col	17	24	41
Byfuglien, Atl	16	25	41
Hejduk, Col	15	26	41

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

Yesterday's results
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Tuesday's results
WOMEN
Singles — Quarter-finals
Li Na (9), China, def. Andrea Petkovic (30), Germany, 6-2, 6-4.
MEN
Doubles — Quarter-finals
Eric Butorac, United States, and Jean-Julien Rojer, Netherlands Antilles, def. Lukasz Kubot, Poland, and Oliver Marach (4), Austria, 6-3, 6-4.
Monday's results
MEN
Singles — Fourth Round
Rafael Nadal (1), Spain, def. Marin Cilic (15), Croatia, 6-2, 6-4, 6-3.
Alexandr Dolgopolov, Ukraine, def. Robin Soderling (4), Sweden, 1-6, 6-3, 6-1, 4-6, 6-2.
Andy Murray (5), Britain, def. Jurgen Melzer (11), Austria, 6-3, 6-1, 6-1
David Ferrer (7), Spain, def. **Milos Raonic, Thornhill, Ont.**, 4-6, 6-2, 6-3, 6-4.
Doubles — Third Round
Mahesh Bhupathi and Leander Paes (3), India, def. Marcel Granollers and Tommy Robredo (13), Spain, 6-4, 4-6, 6-4.
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Colin Ebelthite and Adam Feeney, Australia, 6-1, 4-6, 6-4.
Michael Llodra, France, and Nenad Zimonjic (8), Serbia, def. Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, 3-6, 7-6 (6), 7-6 (3).
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. David Marrero and Ruben Ramirez Hidalgo, Spain, 6-3, 6-4.
WOMEN
Singles — Fourth Round
Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Kim Clijsters (3), Belgium, def. Ekaterina Makarova, Russia, 7-6 (3), 6-2.
Agnieszka Radwanska (12), Poland, def. Peng Shuai, China, 7-5, 3-6, 7-5.
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.
Doubles — Third Round
Liezel Huber, U.S., and Nadia Petrova (3), Russia, def. Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, 6-3, 6-2.
Cara Black, Zimbabwe, and Anastasia Rodionova (5), Australia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-4, 6-2.
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Chan Yung-jan, Taiwan, and Agnieszka Radwanska (8), Poland, 6-2, 6-1.
Chuang Chia-jung and Hsieh Su-wei, Taiwan, def. Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, 6-4, 6-2.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
DETROIT TIGERS—Traded RHP Armando Galarraga to Arizona for RHP Kevin Eichhorn and LHP Ryan Robowski.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Agreed to terms with RHP Micah Owings on a minor league contract.
COLORADO ROCKIES—Agreed to terms with RHP Jason Hammel on a two-year contract.
MILWAUKEE BREWERS—Agreed to terms with RHP Kameron Loe on a one-year contract.
WASHINGTON NATIONALS—Agreed to terms with RHP Todd Coffey on a one-year contract.
Designated RHP Shairon Martis for assignment.

BASKETBALL

WNBA
ATLANTA DREAM—Signed coach and general manager Marynell Meadors to a contract extension through 2013.

FOOTBALL

NFL
MINNESOTA VIKINGS—Named James Saxon running backs coach.

CFL
B.C. LIONS—Signed RB Jamal Robertson has signed a contract extension through the 2012 season.

HOCKEY

NHL
NHLPA—Named Colin A. Campbell director of corporate sponsorships. Retained Richard Rodier as a lawyer and economic consultant. Named Robert DeGregory and Maria Dennis associate counsel.
CAROLINA HURRICANES—Recalled F Zach Boychuk from Charlotte (AHL).
NEW JERSEY DEVILS—Assigned LW Alexander Vasyunov to Albany (AHL).
OTTAWA SENATORS—Recalled F Bobby Butler from Binghamton (AHL).
SAN JOSE SHARKS—Assigned LW John McCarthy to Worcester (AHL).

AHL
HARTFORD WHALE—Recalled F Tyler Donati from Elmira (ECHL).

SOCCER

MLS
RED BULL NEW YORK—Signed MF Jan Gunnar Solli.

WPS
SKY BLUE FC—Signed G Kristin Arnold.

GOLF

PGA TOUR FEDEXCUP LEADERS

(all figures in U.S. dollars)

Rank, Name	Points	Money
1. Jonathan Byrd	534	$1,146,606
2. Jhonattan Vegas	509	$911,880
3. Mark Wilson	508	$1,000,700
4. Bill Haas	330	$622,000
5. Robert Garrigus	300	$635,000
6. Tim Clark	299	$571,000
7. Matt Kuchar	283	$561,125
8. Steve Marino	250	$494,350
9. Gary Woodland	245	$440,000
10. Ryan Palmer	210	$360,200
11. Steve Stricker	195	$429,500
12. Graeme McDowell	190	$412,000
13. Matt Bettencourt	183	$301,500
14. Brian Gay	160	$284,286
15. Kevin Na	153	$247,357
16. Jimmy Walker	135	$264,000
17. Jerry Kelly	127	$223,556
18. Jason Day	123	$219,357
19. Carl Pettersson	123	$286,500
20. Chris Kirk	122	$185,550
21. Justin Rose	116	$226,286
22. Bill Lunde	115	$212,556
23. Anthony Kim	107	$169,786
24. Daniel Summerhays	101	$146,606
25. Arjun Atwal	100	$166,925
26. Boo Weekley	97	$121,256
27. Stuart Appleby	96	$151,286
28. Cameron Beckman	96	$124,357
29. Ian Poulter	95	$201,500
30. Derek Lamely	93	$135,556
Also		
83. Stephen Ames	**34**	**$24,778**
106. Matt McQuillan	**17**	**$12,705**
124. David Hearn	**1**	**$10,395**
132. Scott McCarron	**1**	**$9,900**

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	22	12	10	0	48	19	48
Arsenal	23	14	4	5	48	22	46
Man City	24	13	6	5	37	20	45
Chelsea	23	12	5	6	42	19	41
Tottenham	23	10	8	5	32	26	38
Sunderland	24	8	10	6	28	24	37
Blackburn	24	9	4	11	31	37	31
Newcastle	23	8	6	9	36	33	30
Stoke	23	9	3	11	28	28	30
Bolton	24	7	9	8	34	35	30
Liverpool	23	8	5	10	30	31	29
Blackpool	22	8	4	10	32	38	28
Everton	23	5	12	6	27	29	27
Fulham	23	5	11	7	25	25	26
West Brom	23	7	4	12	29	43	25
Aston Villa	23	6	7	10	25	39	25
Birmingham	22	4	11	7	21	31	23
Wigan	23	4	10	9	19	37	22
Wolverhampton	23	6	3	14	24	41	21
West Ham	24	4	9	11	24	43	21

Yesterday's result
Bolton 0 Chelsea 4

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	20	18	1	1	64	11	55
Real Madrid	20	16	3	1	48	17	51
Villarreal	20	13	3	4	40	21	42
Valencia	20	12	4	4	33	23	40
Espanyol	20	12	1	7	28	26	37
Athletic Bilbao	20	10	2	8	32	31	32
Atletico Madrid	20	9	3	8	31	24	30
Sevilla	20	9	2	9	30	32	29
Mallorca	20	8	3	9	23	25	27
Getafe	20	8	3	9	29	32	27
Real Sociedad	20	8	1	11	30	33	25
Hercules	20	6	4	10	22	31	22
Deportivo La Coruna	20	5	6	9	15	27	21
Racing Santander	20	5	5	10	14	29	20
Sporting Gijon	20	4	7	9	18	27	19
Zaragoza	20	4	7	9	18	32	19
Osasuna	20	4	6	10	19	28	18
Almeria	20	3	8	9	20	34	17
Malaga	20	5	2	13	27	45	17
Levante	20	4	3	13	20	34	15

Yesterday's result
Athletic Bilbao 3 Hercules 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	30	14	.682	3½
Atlanta	29	16	.644	5
Orlando	29	16	.644	5
New York	23	21	.523	10½
Philadelphia	19	25	.432	14½
Charlotte	17	25	.405	15½
Indiana	16	25	.390	16
Milwaukee	16	25	.390	16
Detroit	17	28	.378	17
Washington	13	30	.302	20
New Jersey	13	32	.289	21
Toronto	13	32	.289	21
Cleveland	8	36	.182	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	37	7	.841	—
d-L.A. Lakers	32	13	.711	5½
Dallas	28	15	.651	8½
d-Oklahoma City	28	15	.651	8½
New Orleans	29	16	.644	8½
Utah	27	17	.614	10
Denver	25	18	.581	11½
Portland	25	20	.556	12½
Memphis	22	23	.489	15½
Phoenix	20	23	.465	16½
Houston	20	25	.444	17½
Golden State	19	24	.442	17½
L.A. Clippers	17	26	.395	19½
Minnesota	10	33	.233	26½
Sacramento	9	32	.220	26½

d — division leader
Last night's results
New Jersey 103 Cleveland 101
Detroit 103 Orlando 96
Philadelphia 105 Phoenix 95
Memphis 100 Toronto 98
New York 115 Washington 106
Milwaukee at Chicago
Houston at Minnesota
Oklahoma City at New Orleans
Sacramento at Portland
San Antonio at Golden State
Sunday's result
Denver 121 Indiana 107
Tonight's games
All times Eastern
Denver at Washington, 7 p.m.
Cleveland at Boston, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Charlotte at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	39	365	305	1102	28.3
Stoudemire, NYK	43	417	275	1117	26.0
James, MIA	42	372	285	1087	25.9
Ellis, GOL	43	417	202	1108	25.8
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	45	396	273	1123	25.0
Rose, CHI	43	390	212	1061	24.7
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	36	303	227	857	23.8
Nowitzki, DAL	34	290	181	795	23.4
Martin, HOU	43	290	329	1002	23.3
Griffin, LAC	43	372	230	980	22.8
Westbrook, OKC	43	328	307	974	22.7
Howard, ORL	42	321	287	929	22.1
Williams, UTA	44	301	270	953	21.7
Bargnani, TOR	38	309	147	813	21.4
Aldridge, POR	45	382	195	962	21.4
Love, MIN	43	308	243	918	21.3
Granger, IND	40	294	175	848	21.2
Beasley, MIN	39	323	123	805	20.6
Gay, MEM	42	328	156	862	20.5
Randolph, MEM	40	325	152	805	20.1
Scola, HOU	45	354	150	858	19.1
Lopez, NJN	44	303	230	836	19.0
Pierce, BOS	43	283	185	815	19.0
West, NOR	44	334	163	833	18.9
Bosh, MIA	42	296	186	783	18.6
Gasol, LAL	45	320	196	836	18.6
Ginobili, SAN	44	249	222	816	18.5
Jackson, CHA	40	253	133	714	17.9
Deng, CHI	44	287	137	775	17.6
Evans, SAC	36	245	116	634	17.6
Felton, NYK	43	273	133	754	17.5
Parker, SAN	44	311	131	764	17.4
J. Richardson, ORL	43	281	78	744	17.3
Allen, BOS	43	272	106	743	17.3

Not including last night's games

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Opinion

BEN RYCROFT
IT'S CALLED FOOTBALL

CSA NEEDS MORE THAN COSMETIC CHANGE

Change is coming to Canadian soccer — and here's hoping it will extend beyond announcing a new shirt sponsor.

Last night, at an intimate venue in downtown Toronto, the Canadian Soccer Association introduced Umbro as its new corporate partner for the men's national team. Given that Canadian soccer hasn't exactly been flush with corporate support over the years — 1986 being the last time they qualified for a World Cup — the financial support and new jerseys are welcome. But the focus last night lay squarely on the opportunity before Canadian soccer.

Come Feb. 5, the CSA will vote on a package that seeks to transform the way Canadian soccer is governed.

At the present, individual provincial associations have a significant say in governing the Canadian game and our national teams. It's led to self-interested politicking and made it almost impossible for the national body to govern properly.

A vote, taken last May by the governing body to study the feasibility of change, was barely passed by the provincial associations. Quebec and Alberta voted outright against it while Manitoba abstained.

Other provinces have expressed concerns over the reforms that seek to take the power out of the hands of volunteers and into those of professionals.

Last fall, the CSA executive had to broker a deal to table watered down reforms the groups could vote on.

It's hard to imagine why Canadian soccer, which has diddled in mediocrity for the last 20 years, would not embrace change. But considering that volunteers get perks like trips to World Cups, it's easy to see why they don't want to give up their power.

Umbro has stepped forward and pledged its support until 2014. It's a huge gesture.

Now the CSA needs to do the same by voting in the reforms.

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For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"
metro

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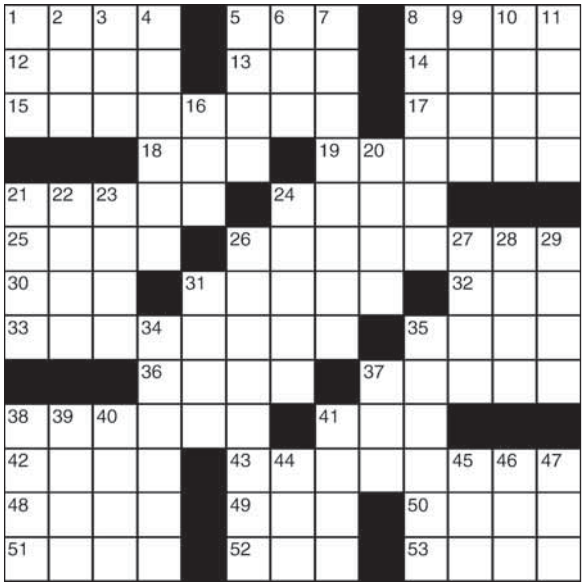
Crossword



Across

1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down

1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit
6 Boom times
7 Managers
8 Amount consumed
9 Dove's calls
10 Advantage
11 Transaction
16 Scepter
20 A deadly sin
21 Drool catchers
22 Birthright barterer
23 Winglike
24 Regulations
26 English county
27 Three feet
28 Curved molding
29 Deteriorates
31 Creche trio
34 Character
35 Way out there
37 It holds the mayo
38 This and that
39 Simple
40 Roe provider
41 Author Harte
44 Coffee vessel
45 Mentalist Geller
46 A Bobbsey twin
47 Hair coloring

▶ Yesterday's answer

Sudoku

		3	1		5			
	5					7	9	
2	8				6	4		
5		8	7				4	
				3				
	6				2	1		7
		7	6				8	5
	2	6					7	
			9		7	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe **RUTH**

Babe,
Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXOXO **GREG**

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! **LOVE, OMIE :P**

Lois Lane aka my freaky yellow chick...Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest. **HOLLA...SUPERMAN**

Today -1°/-7° Partly sunny
Wednesday -2°/-9° Partly sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

♉ Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

♊ Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

♋ Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

♌ Leo July 23-Aug.23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

♍ Virgo Aug. 24- Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

♎ Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

♏ Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

♐ Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

♑ Capricorn Dec. 22-Jan. 20 Keep the pressure on those who want to deny you what is rightfully yours. If you give any sign that you are weakening in your resolve, they will redouble their efforts to refuse you.

♒ Aquarius Jan. 21-Feb. 18 Be honest with yourself about what it is you desire and what it is you are prepared to do to possess it. Sacrifices will have to be made, and only you can decide if it is worth it.

♓ Pisces Feb. 19-March 20 It may seem as if you are having to struggle more than other people, but there is no point getting worked up about it. Life is always fair – it's just that we can't always see it.

SALLY BROMPTON

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LIONEL CIRONNEAU/ THE ASSOCIATED PRESS

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Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Jan. 28 - 30
$669
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally

CUBA | Holguin
Sirenis Playa Turquesa ❀❀❀❀
All-Inclusive • Superior rm. • Feb. 3 & 5
$689
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. departures

CUBA | Santa Clara
Royal Hideaway Ensenachos ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Royal spa premium rm. • Feb. 3 & 5
$979
+Taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. departures

MEXICO | Cancun/Riviera Maya
Grand Sirenis Riviera Maya Resort & Spa ❀❀❀❀❀
All-Inclusive • Junior suite • Mar. 21
$1009
+Taxes & other fees: $251

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Mar. 21
$1119
+Taxes & other fees: $251

MEXICO | Los Cabos
Royal Solaris Los Cabos Resort All Inclusive & Spa ❀❀❀❀
All-Inclusive • Deluxe rm. • Mar. 5
$1159
+Taxes & other fees: $261

MEXICO | Puerto Vallarta/Riviera Nayarit
Golden Crown Paradise ❀❀❀❀
All-Inclusive • Oceanview rm. • Mar. 5 - 19
$1399
+Taxes & other fees: $149
Please add $85 for Sat. and Sun. departures

TURKS & CAICOS
Comfort Suites ❀❀❀
Continental breakfast • Junior suite run of the house • Feb. 7, 9, 12, 14 & 16
$899
+Taxes & other fees: $140

DOMINICAN REPUBLIC | Samana
Bahia Principe Roulette ❀❀❀❀
All-Inclusive • Run of the house • Feb. 12 - 20
$999
+Taxes & other fees: $175

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • Feb. 3, 6 & 11
$999
+Taxes & other fees: $175

ARUBA
Renaissance Aruba Resort & Casino ❀❀❀❀
Resort rm. • Feb. 6
$1429
+Taxes & other fees: $178

JAMAICA
Gran Bahia Principe Jamaica ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Mar. 1, 3, 4 & 6
$1599
+Taxes & other fees: $103
Please add $50 for Sun. departures

COSTA RICA | Liberia
Occidental Grand Papagayo ❀❀❀❀❀
All-Inclusive • Deluxe rm. • Feb. 17 & 24
$1599
+Taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

ANTIGUA
Jolly Beach Resort & Spa ❀❀❀❀
All-Inclusive • Standard rm. • Feb. 27 & Mar. 6
$1679
+Taxes & other fees: $199

BAHIA PRINCIPE HOTELS & RESORTS

DOMINICAN REPUBLIC | Puerto Plata
Bahia Principe San Juan ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Feb. 4, 11 & 18
$689
+Taxes & other fees: $175

DOMINICAN REPUBLIC | La Romana
Gran Bahia Principe La Romana ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Feb. 5 & 12
$999
+Taxes & other fees: $175

USA

NEVADA | Las Vegas
Excalibur Hotel & Casino ❀❀❀❀
Hotel rm. • Feb. 5 - 7 • 3 nts.
$469
+Taxes & other fees: $121

LOUISIANA | New Orleans
St. James Hotel ❀❀❀
Double or twin guest rm. • Mar. 10 • 4 nts.
$619
+Taxes & other fees: $123

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Hotel Ibis London Earls Court ❀❀❀
Breakfast • Standard rm. • Mar. 17 & 24 • 4 nts.
$699
+Taxes & other fees: $436

ITALY | Rome
Mercure Corso Trieste ❀❀❀
Breakfast • Standard rm. • Apr. 5 • 1 wk.
$1189
+Taxes & other fees: $377

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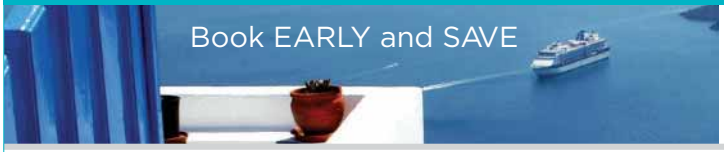

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